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7th EDITION

MUSIC FOR

Hinman Gymnastic Dancing

IN THREE VOLUMES

1911

VOL. I
Solo Dances
Price $1.50

VOL. II
Group Dances
Price $1.00

VOL. III
Ring Dances with descriptions
Price $1.00

PUBLISHED BY
MARY WOOD HINMAN
University of Chicago High School
Studio 1452 E. 53rd St.
CHICAGO, ILL., U. S. A.

UNIV. OF CALIFORNIA

SV179
.H6
v.1

UNIV. OF
CALIFORNIA

UNIV. OF

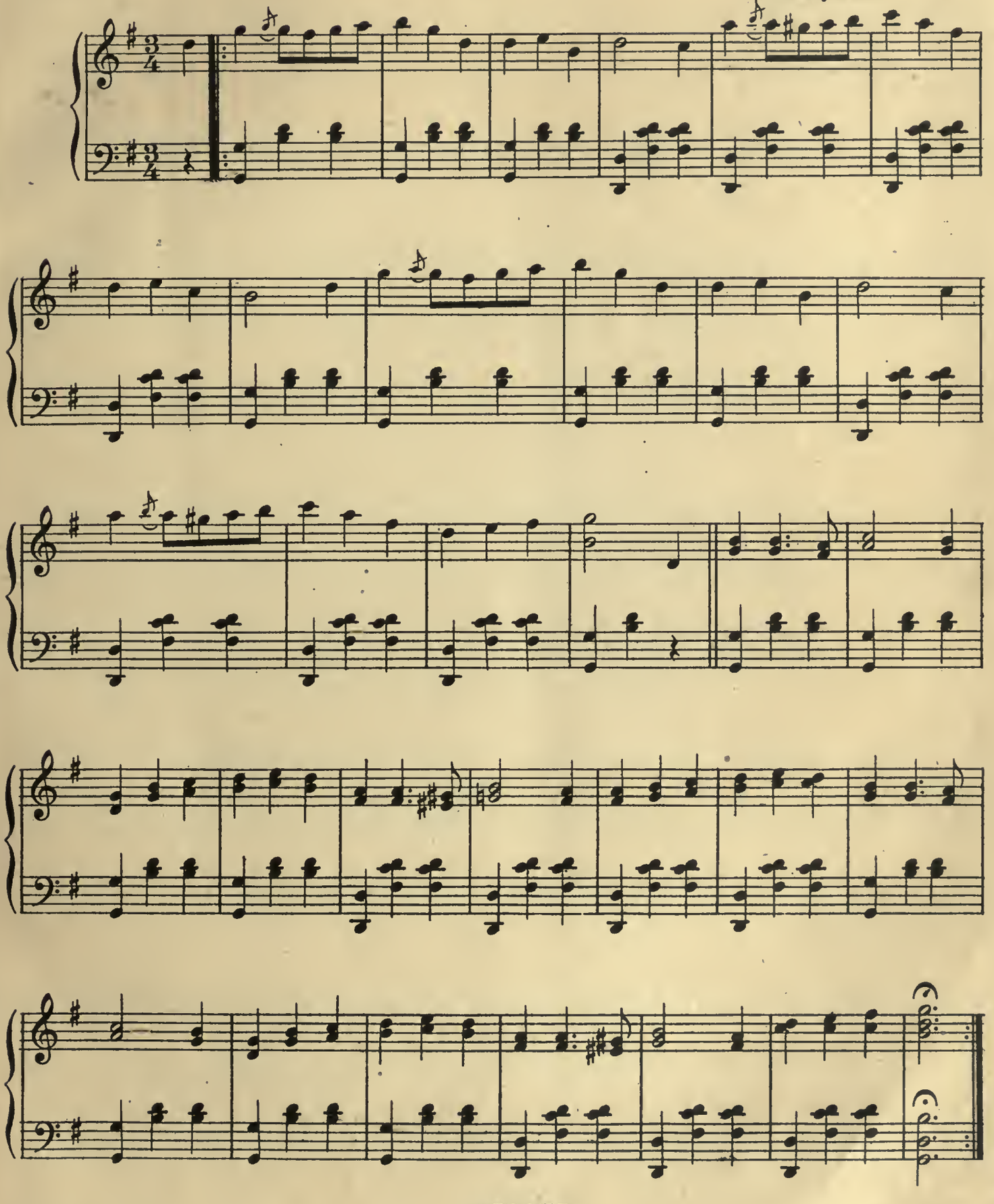
1. *Forward and back.*
2. *Side step with stamp.*
3. *Long step forw. without 2d count.*
4. *Down and up. hands overhead.*
5. *Side step fling.*
6. *Flower step.*
7. *Log step.*
8. *Butterfly.*
9. *Waltz forward.*

Cachucha.

First Year Work.

Spanish

1901.



259975

Buck and Wing.

Negro Clog.

(1901)

First Year Work.

1. Out, back, down - single rattle.
2. Stamp stamp-three rattles.
3. Rattle - back-back - front.
4. Sevens..
5. Wing to side walk three steps, three jumps, rattle back to place.
6. Jump forward, back and forward down on 4, turn and rattle.
7. Hands on hips, jump back, kick forward 7 counts - rattle seven..
8. Arms folded, swing & change feet on 4.
9. Arms out - Right foot high, backward slap, forward on 5.

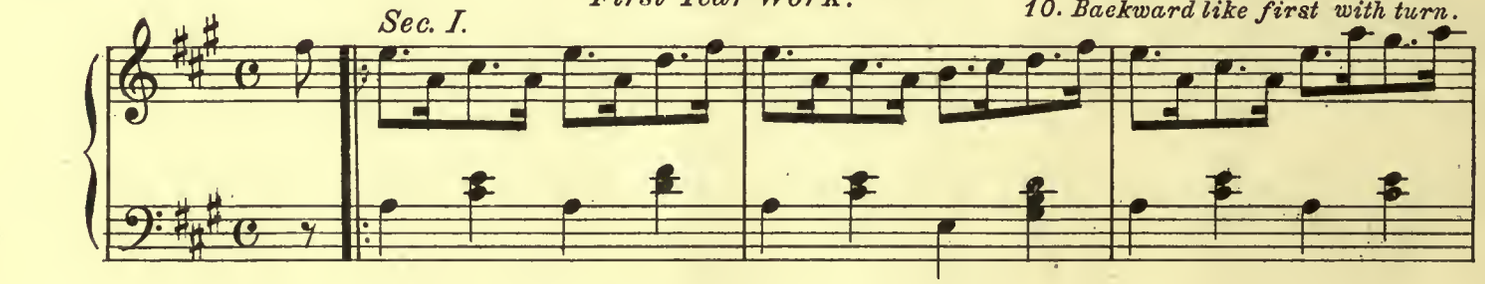
Highland Fling.

Scotch 1901

First Year Work.

1. Two to side and turn.
2. Side and front.
3. Long step to side.
4. Easy step - around knee.
5. Four in front.
6. Tweedle - dum.
7. Toe, heel, toe, up.
8. Mc Donald. 9. Rubber legs.
10. Backward like first with turn.

Sec. I.



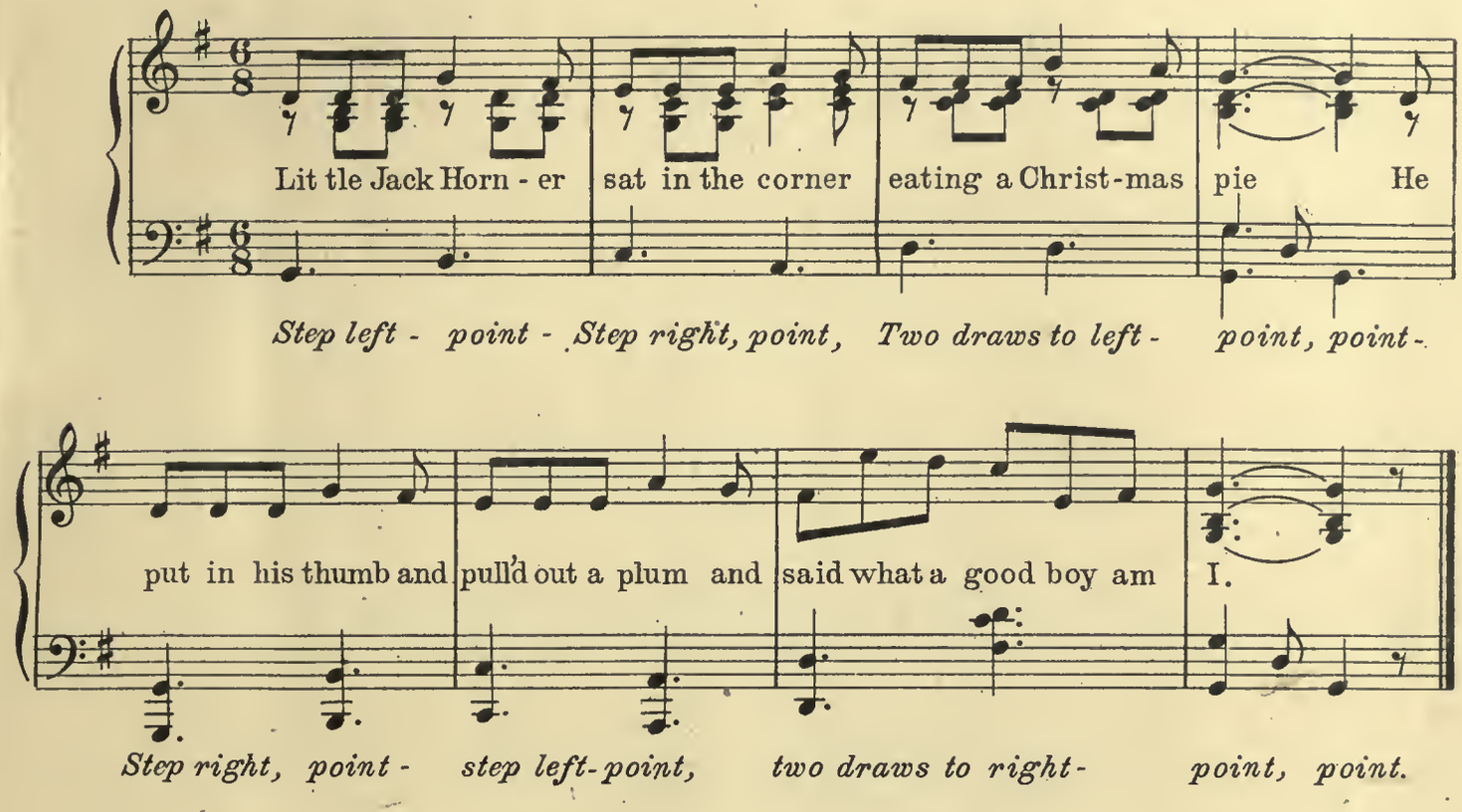
Sec. II.

Repeat each section if desired.

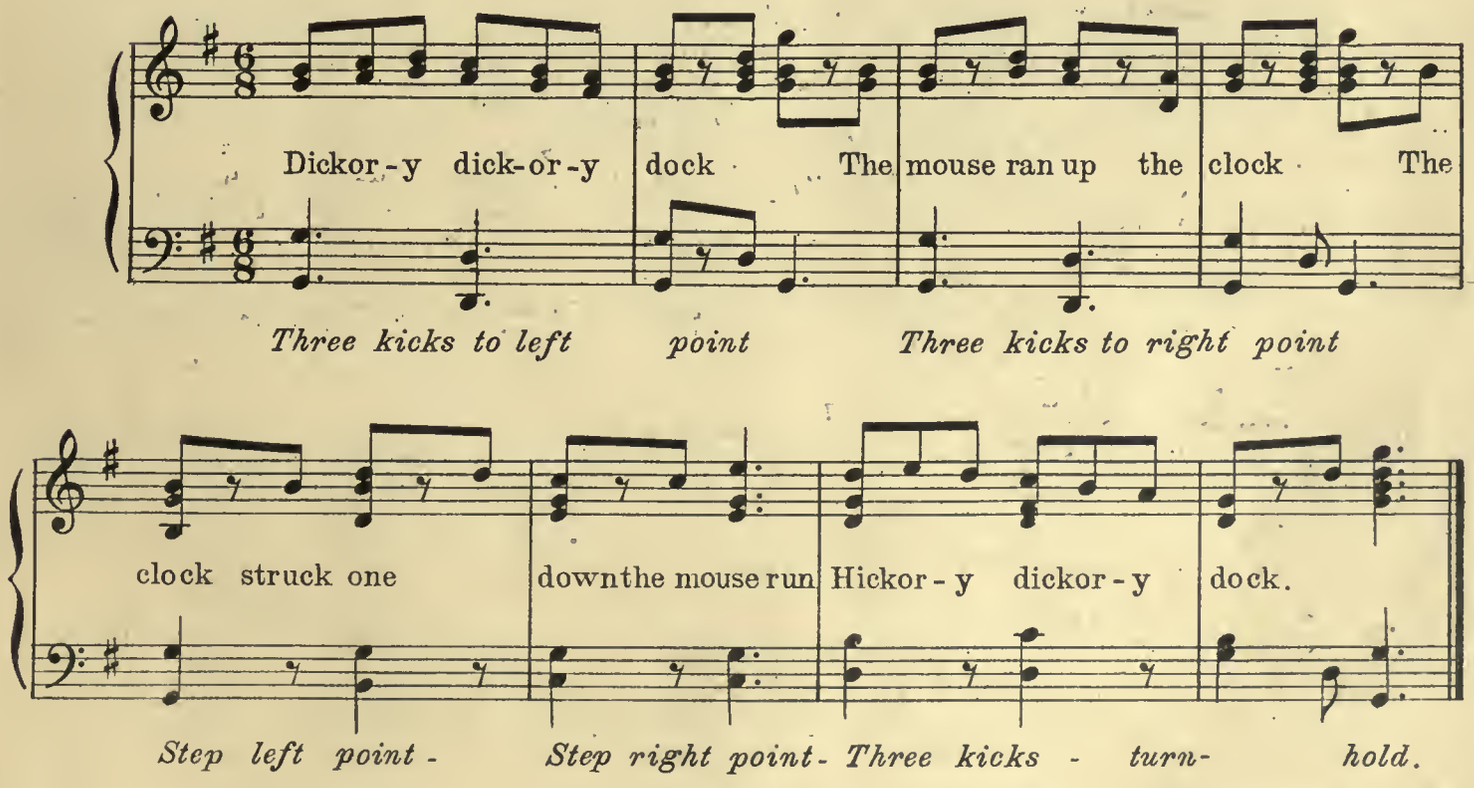
Little Jack Horner.

Nursery Rhymes.

Ascham Hall '02


Lit tle Jack Horn - er sat in the corner eating a Christ-mas pie He
Step left - point - Step right, point, Two draws to left - point, point -
put in his thumb and pull'd out a plum and said what a good boy am I.
Step right, point - step left-point, two draws to right - point, point.

Hickory Dickory Dock.


Dickor - y dick-or - y dock The mouse ran up the clock The
Three kicks to left point Three kicks to right point
clock struck one down the mouse run Hickor - y dickor - y dock.
Step left point - Step right point - Three kicks - turn- hold.

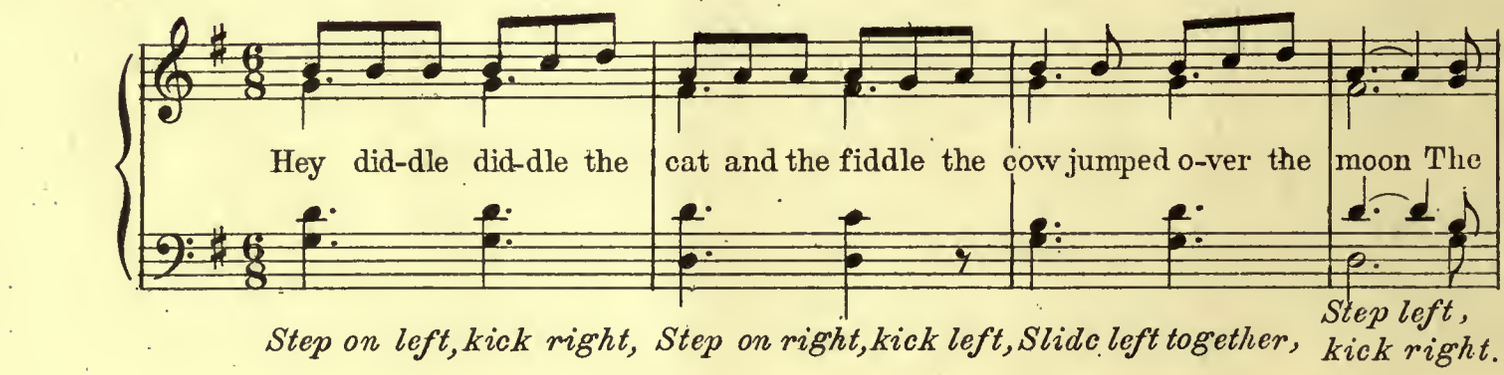
Georgie Porgie.

Ascham Hall '02 *Nursery Rhymes.*

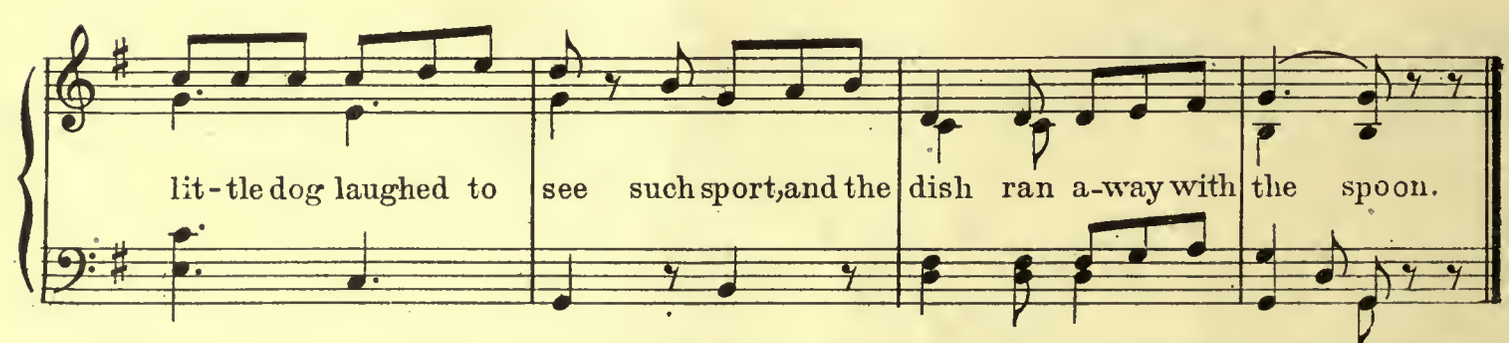
Step left-feet together, step left, together step right, together step right together
Hands low

Turn to left with three hops and hold- *Four slides obliquely backward-*

Hey Diddle Diddle.



Step on left, kick right, Step on right, kick left, Slide left together, Step left, kick right.



Step on right kick left jump to left. *Step on left kick right Three slides forward & complete turning*

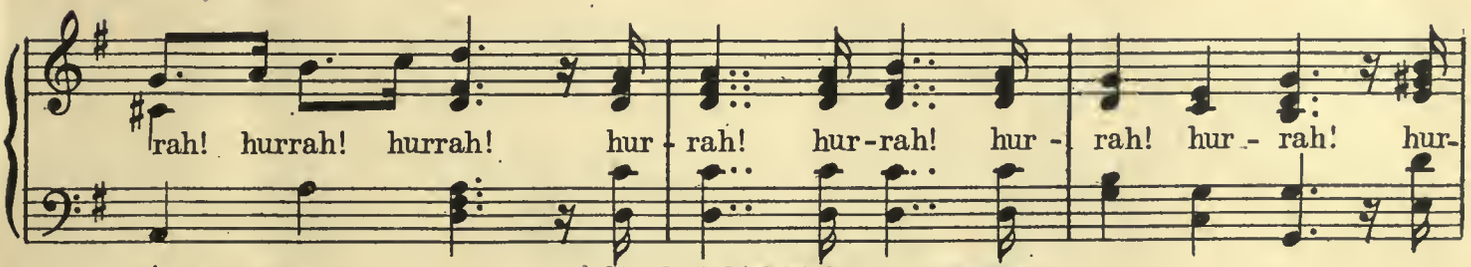
Hinman Gymnastic Dancing

Whittington

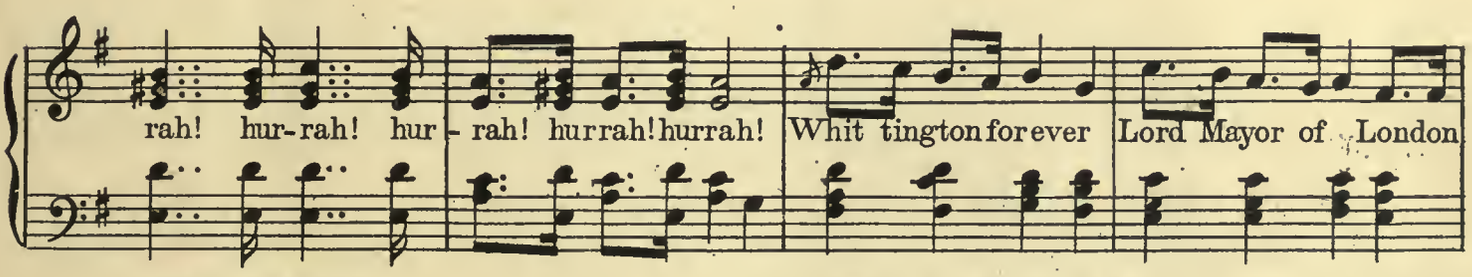
Nursery Rhymes

Ascham Hall '01

Walk three steps to left. Turn to left hopping on left foot. Walk to right Turn to right, hop



on right foot. *Step left kick right etc. retreating*



Repeat, advancing *Step to left, twice with draws. step left, pirouette step & hold.*

Repeat to right *Advance, stamping left.*

Irish Washerwoman

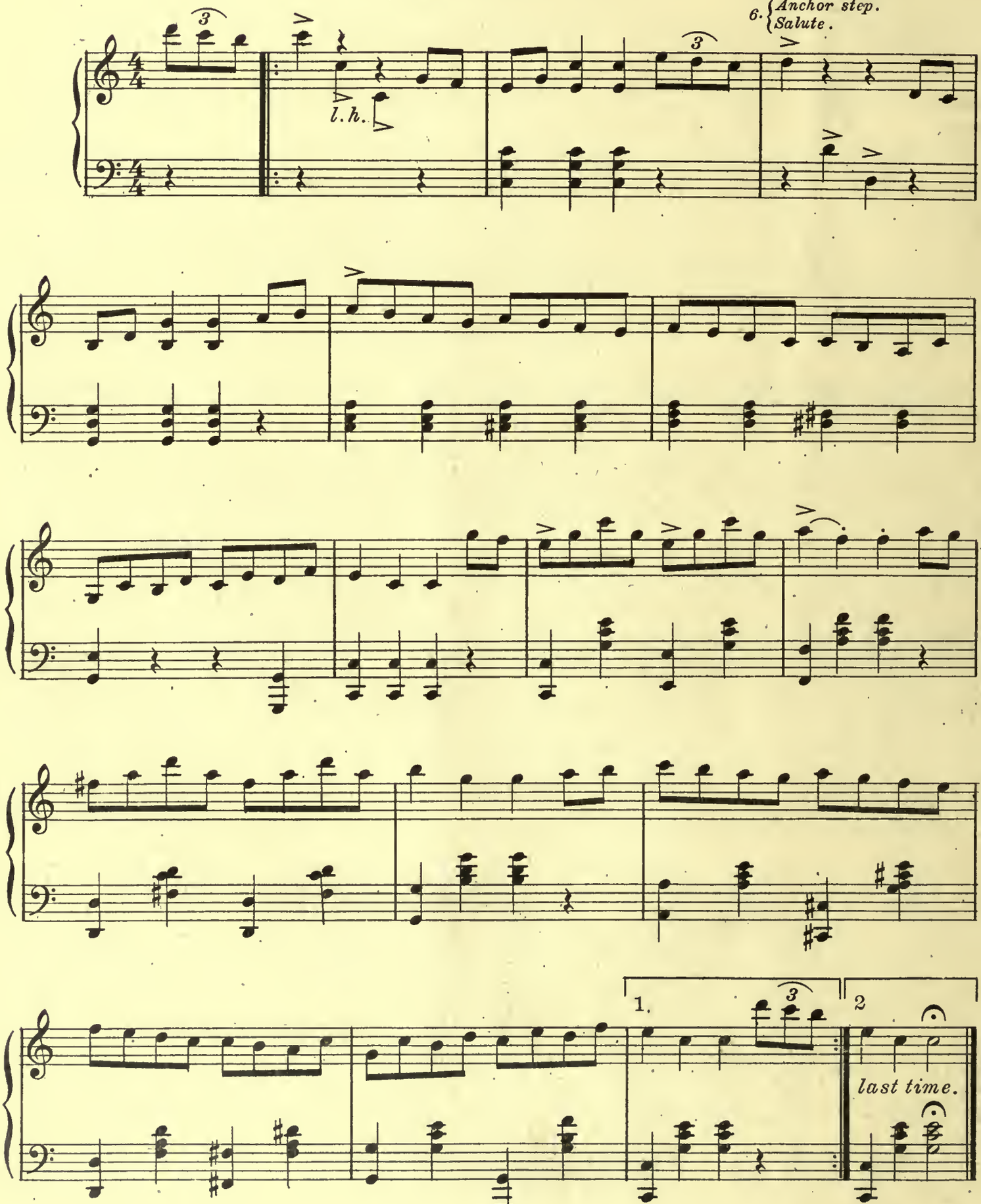
1. Single rattle
2. Double rattle
3. Down your own leg
4. Mopping the floor
5. Hanging out clothes

6. Toe - heel - toe-heel
7. Jump to side & kick
8. Toe heel, toe kick
9. Kick and throw from hip-
10. First step with flop.

Sailors Horn-pipe.

English Folk Dance.

1. *Circle and change feet.*
2. *Toe, heel, toe, in circle.*
3. *Pulling on ropes.*
4. *Trouser step.*
5. *Sighting land.*
6. *Anchor step. Salute.*



Bacca Pipes Jig

Tune Green Sleeves

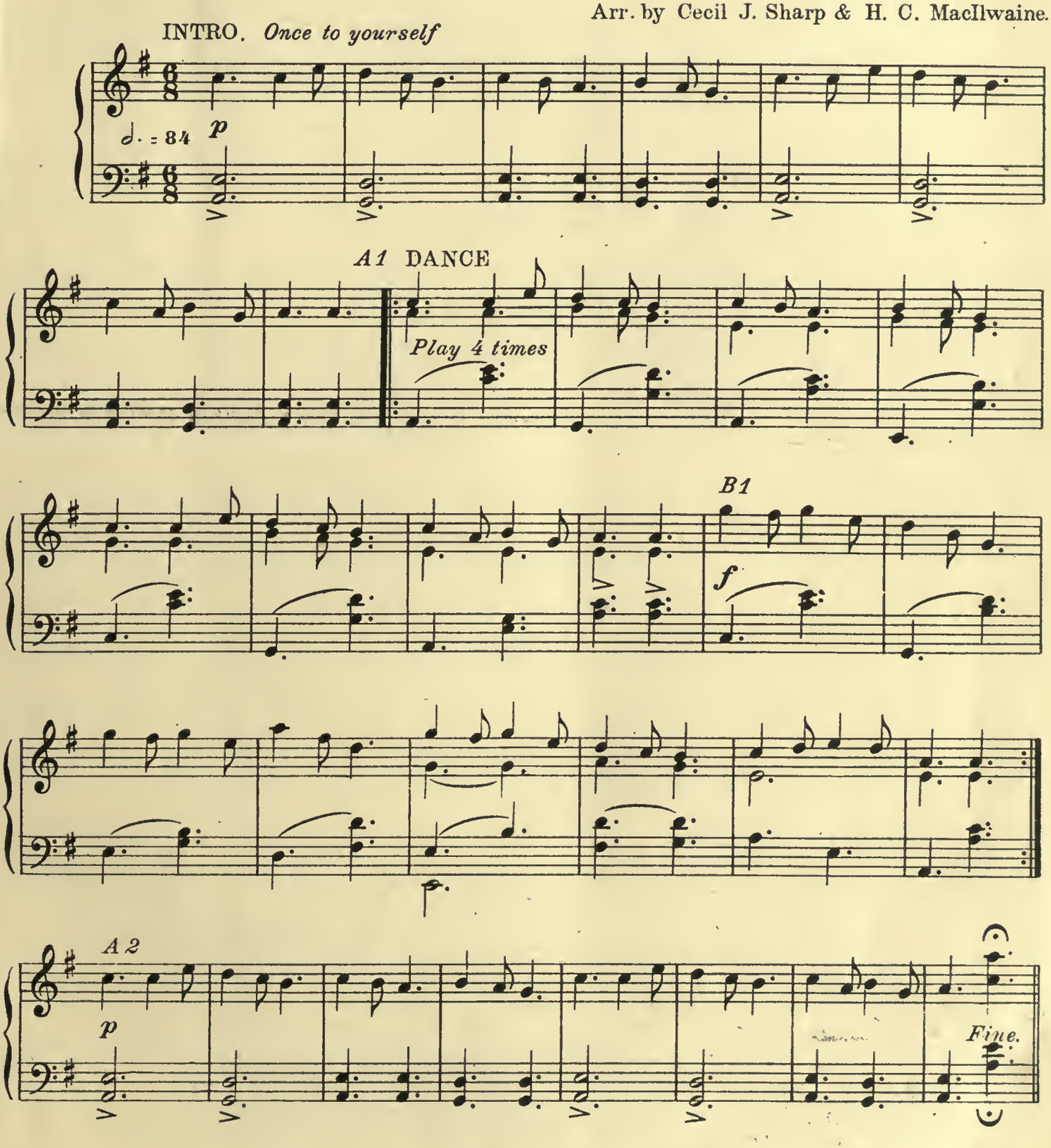
BOOK IV MORRIS DANCE TUNES

Collected in Gloucestershire

A 1 - Shake up
B 1 - Dance into pipes - position 1
A 1 - Dance around
B 1 - Dance into pipes - position 2
A 1 - Dance around
B 1 - Dance into pipes - position 3

A 1 - Dance around
B 1 - Dance into pipe position 4
A 2 - Dance around & stop at position 4 - facing audience
Repeat for each figure -

Arr. by Cecil J. Sharp & H. C. MacIlwaine.



"University High" Clog

Boys from Frances Parker '05.
Boys from University High School '05.

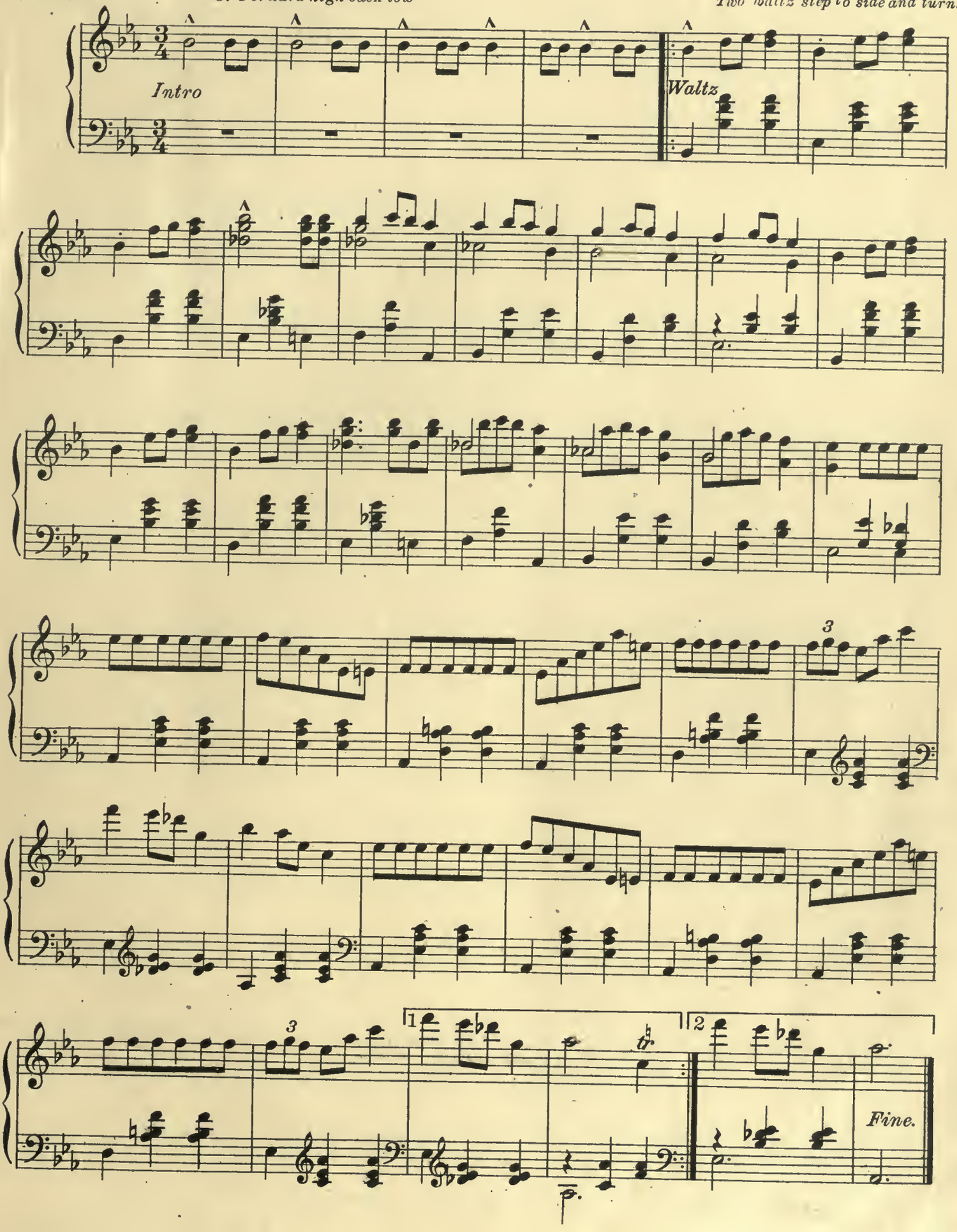
1. "Seven" "Seven" "Three" "Seven" "Stamp" "Stamp"
2. "Seven" "Seven" "Three" "Seven" "Stamp" "Stamp"
3. "Seven" "Seven" "Three" "Three" "Seven"
4. "Seven" "Seven" "Three" "Seven" "Stamp" "Stamp"
(16 measures.)

5. Wiggle stick (slow 2 meas. fast 2 meas.)
6. Down the field to left and back to place. (4 measures).
7. Wiggle stick.
8. Down the field (2 measures)
5 little jumps one big jump (2 meas.)

Hebbert's Spanish Waltz.

1. *To side–Three steps and draw back*
2. *Spanish waltz*
3. *Hit heels*
4. *Step fly and draw*
5. *Forward high back low*

CHORUS:
Step kick low.
Step kick high.
Two waltz step to side and turn.



Lindy Lee.*

Black Friars '10

* Kind permission of Mr. Earl Henry Bowlby.

1. *Fall down stairs 7 counts to left and back 7 counts.*
2. *3d step of Hyde Park.*
3. *Sink, rise, turn to right, left foot out; repeat to left.*
4. *Wigglestick, 4 slow, 4 fast.*
5. *Skip 8 counts forward.*
6. *Backward left, together, forward left, together, jump left, right; repeat right.*
7. *Wings twice; kick left, kick right.*
8. *Break your leg two times slow and three fast, and fall down stairs to left. End on 7th count.*

Sampson Clog

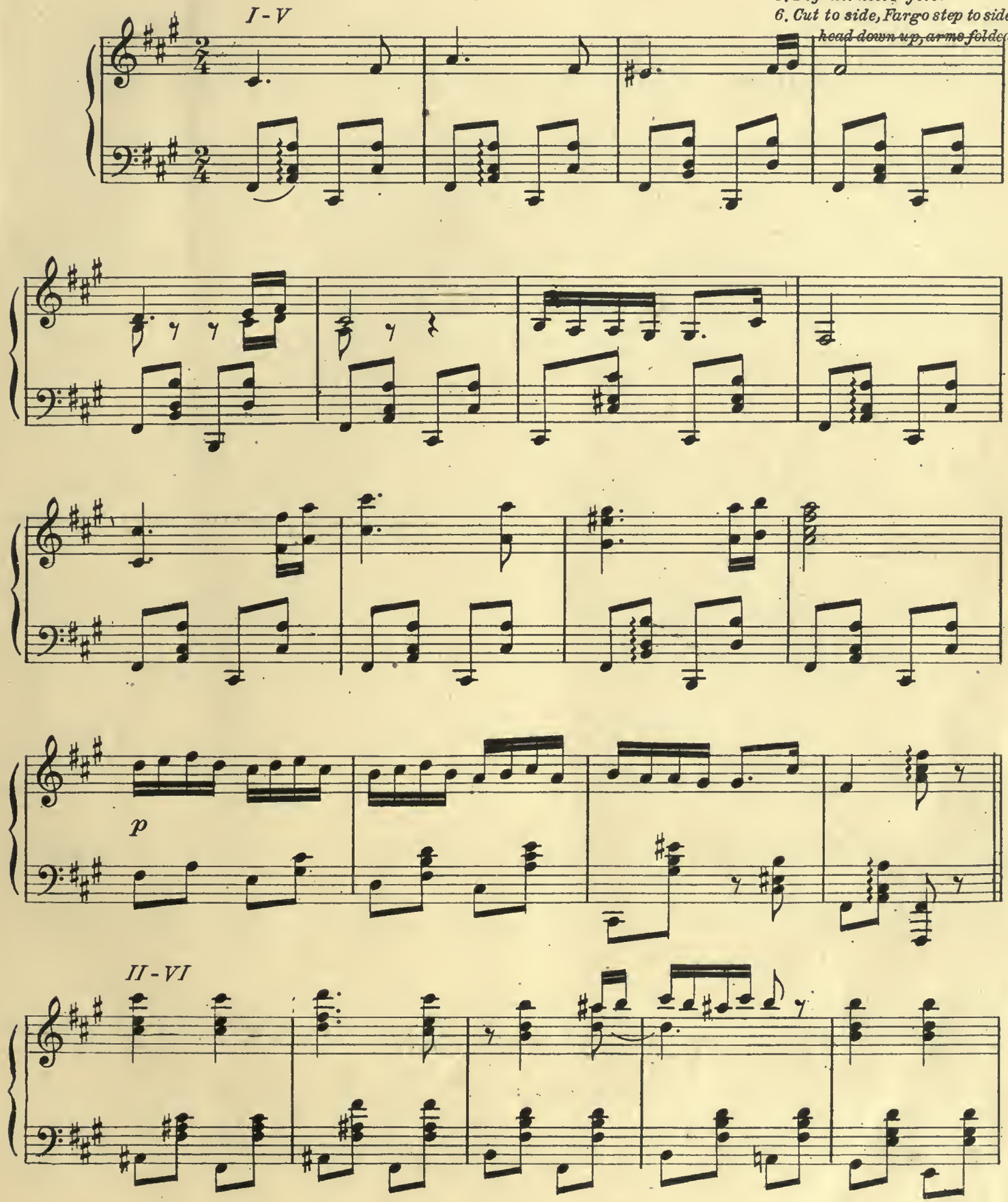
Sampson
Lynn Mass. '06.

1. *Plain clog with sevens & break.*
2. *Slap back-twice-two sevens- heel down and break.*
3. *Wing-break.*
4. *Hen scratch-two fours-break.*
5. *Step-hop-rattle.*
6. *Step-hop-draw-cut-turn.*
7. *Inverted toe beats-flop-flop-sprea*

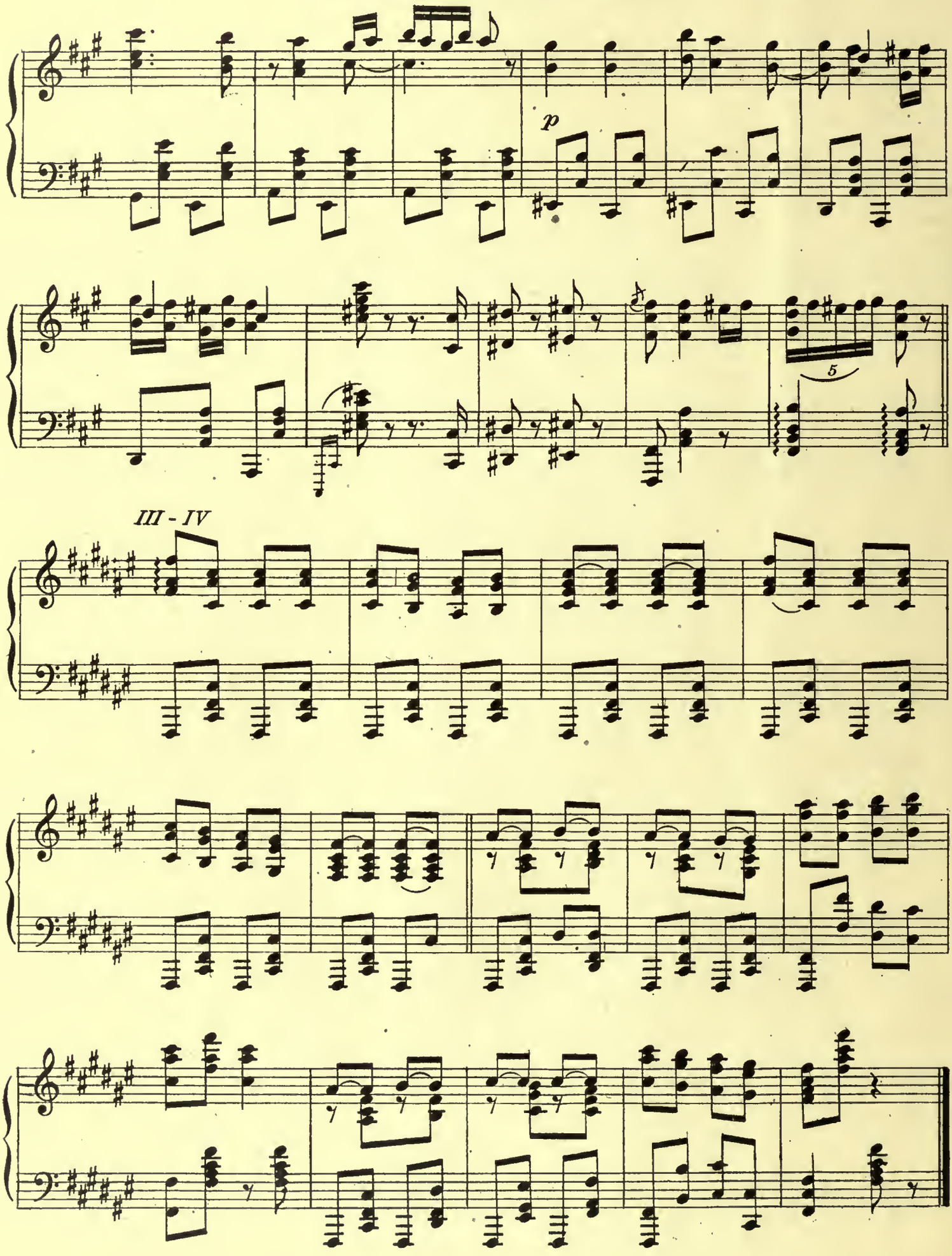
Mrs. Wyman '06

Hungarian Dance.

1. *Left foot forward, rise on toes and sink - Repeat to side - end with points.*
2. *Figure 8 - Polka step.*
3. *To side - draw - swing Pas de Basque.*
4. *Cut and Fargo.*
5. *Fly - hit heels - jeté.*
6. *Cut to side, Fargo step to side - head down up, arms folded.*



HUNGARIAN DANCE (continued.)

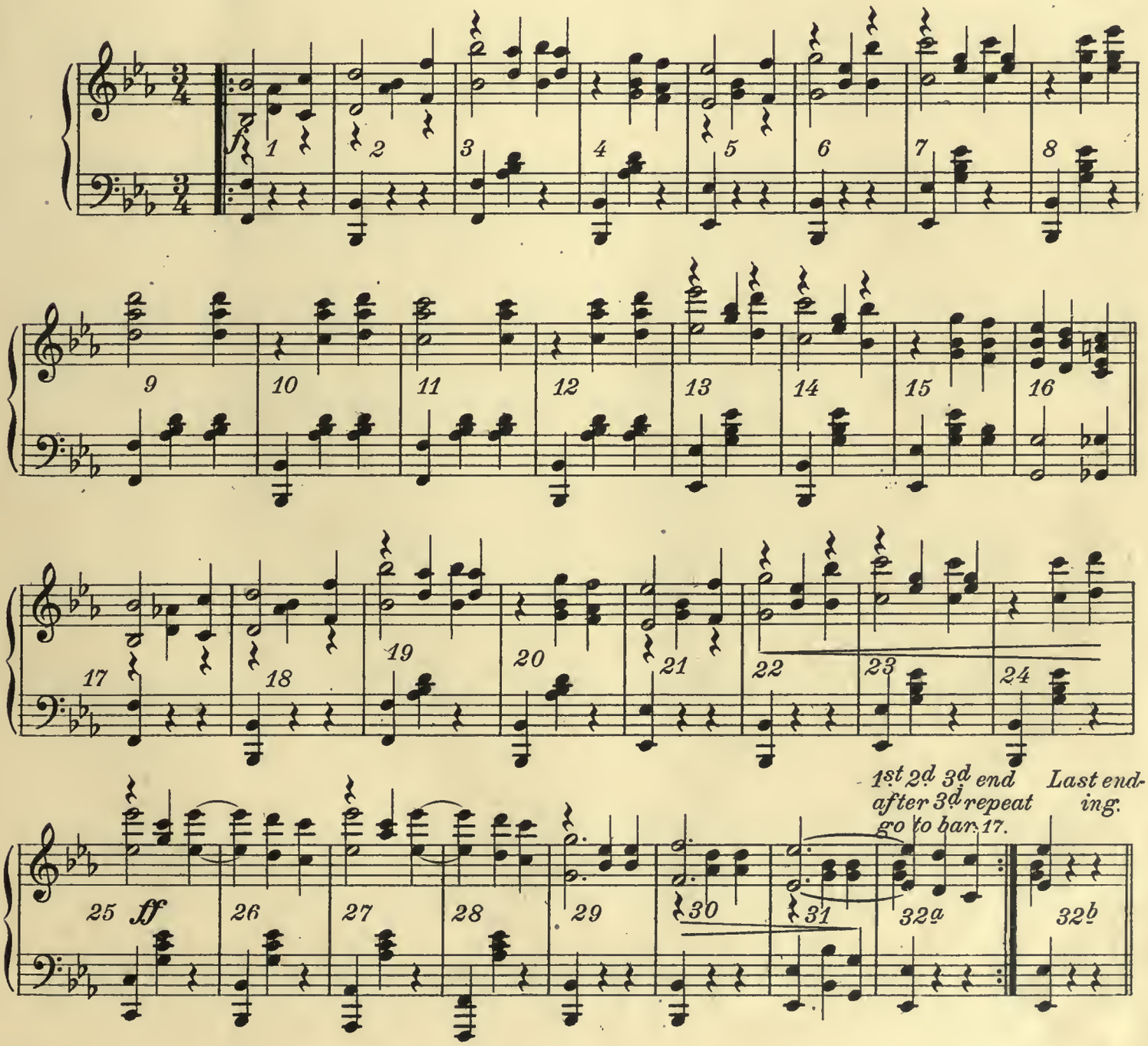


Roy Waltz Clog.

Sampson '07.
Lynn.

1. *Begin to left with left 6 "fives" (1-6) step, touch hop left (7) step, touch, hop to right (8) Repeat to right with right (9-16).*
2. *Step to left, touch, kick, hop (17) draw twice to left (18-19) step on right and turn (20) 3 draws to right (21-23) step, touch, hop on spot (24) 3 "fives" (25-27) 1 draw to left (28), step, touch, hop (29) 3 draws to left (30-32.)*
3. *2 "fives" begin to left (1-2) fly to left (3-4) repeat with right (5-8). Repeat (9-16.)*
4. *Swing forward on left, left hand leading, right foot up behind (17) swing right foot forward, left hand overhead (18) 2 "fives" (19-20); repeat to right (21-24). Repeat (25 32).*
5. *2 "fives" beginning left (1-2) 1 draw (3) 1 "five" (4); repeat to right (5-8). Repeat (9-16).*
6. *Begin to left with left 2 "fives" (17-18) walk forward 2 steps (19-20). Repeat to left constantly (21-32)*
7. *Step back with left and draw (17) half turn to right and hop (18) Step back with right and draw (19) half turn to left and hop (20) 2 "fives" (21-22) 1 step back with left and draw (23) half turn to right and hop (24). Step back with right and draw (25) half turn to left and hop (26) step back with left and draw (27) half turn to right and hop (28) 2 "fives" (29-30). End by running forward 2 steps (31) and bow (32).*

ELIZABETH ROOT.

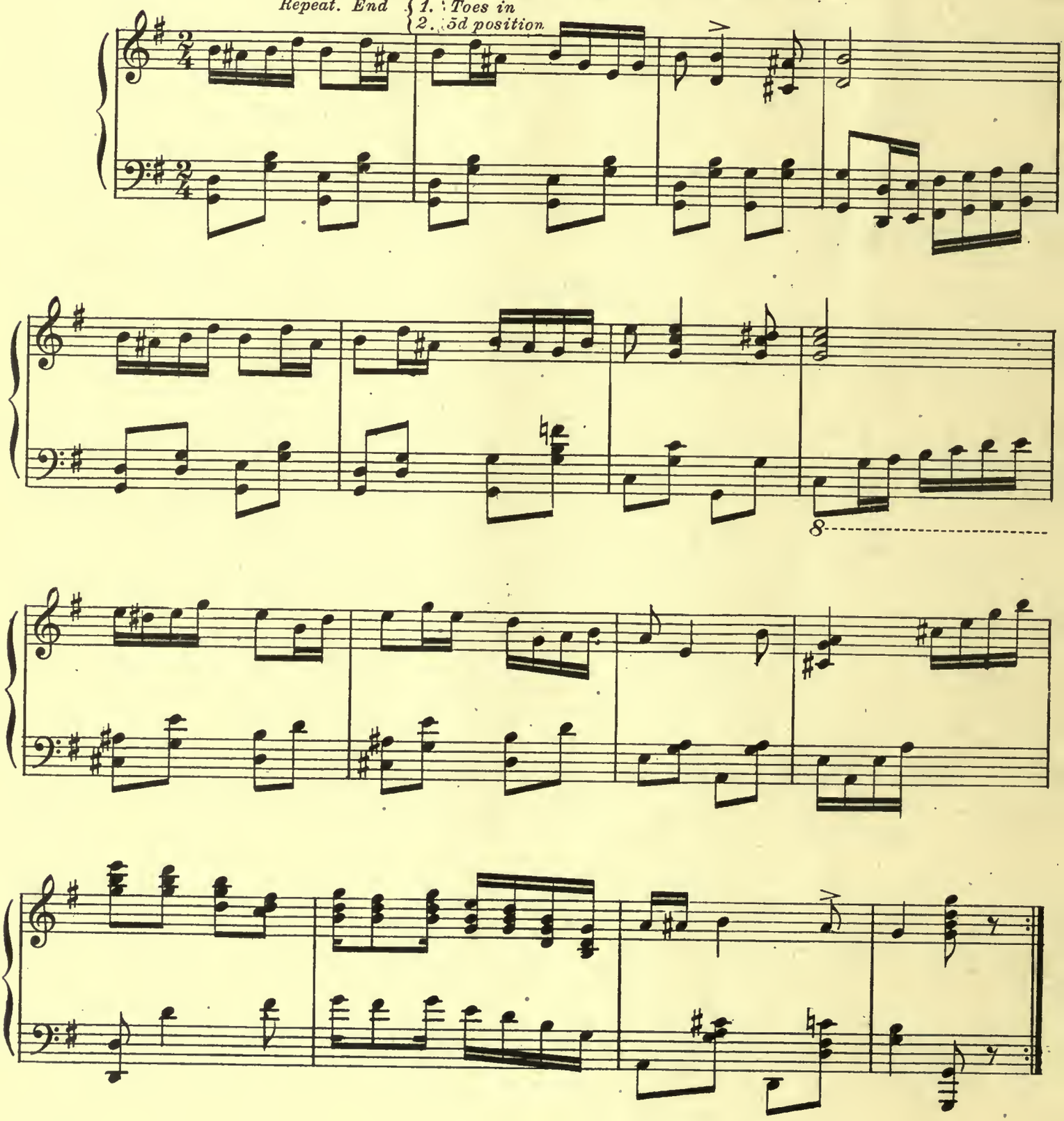


Rena Clog

Sampson '07 - Lynn-
Luna Clog
Kenilworth '07

1. *Stamp left - three R.- three L.- Seven R.-down, up, step R.- Seven L.*
2. *Three R. Three L. Seven R. down up Step R. seven L.*
3. *Three R. Three L. Seven L. Stamp L. 1/2 turn left, Seven L.*
4. *Three R. (with back to audience) Three L. Seven R. Stamp L. and turn L.*

Repeat. End { *1. Toes in* / *2. 5d position*

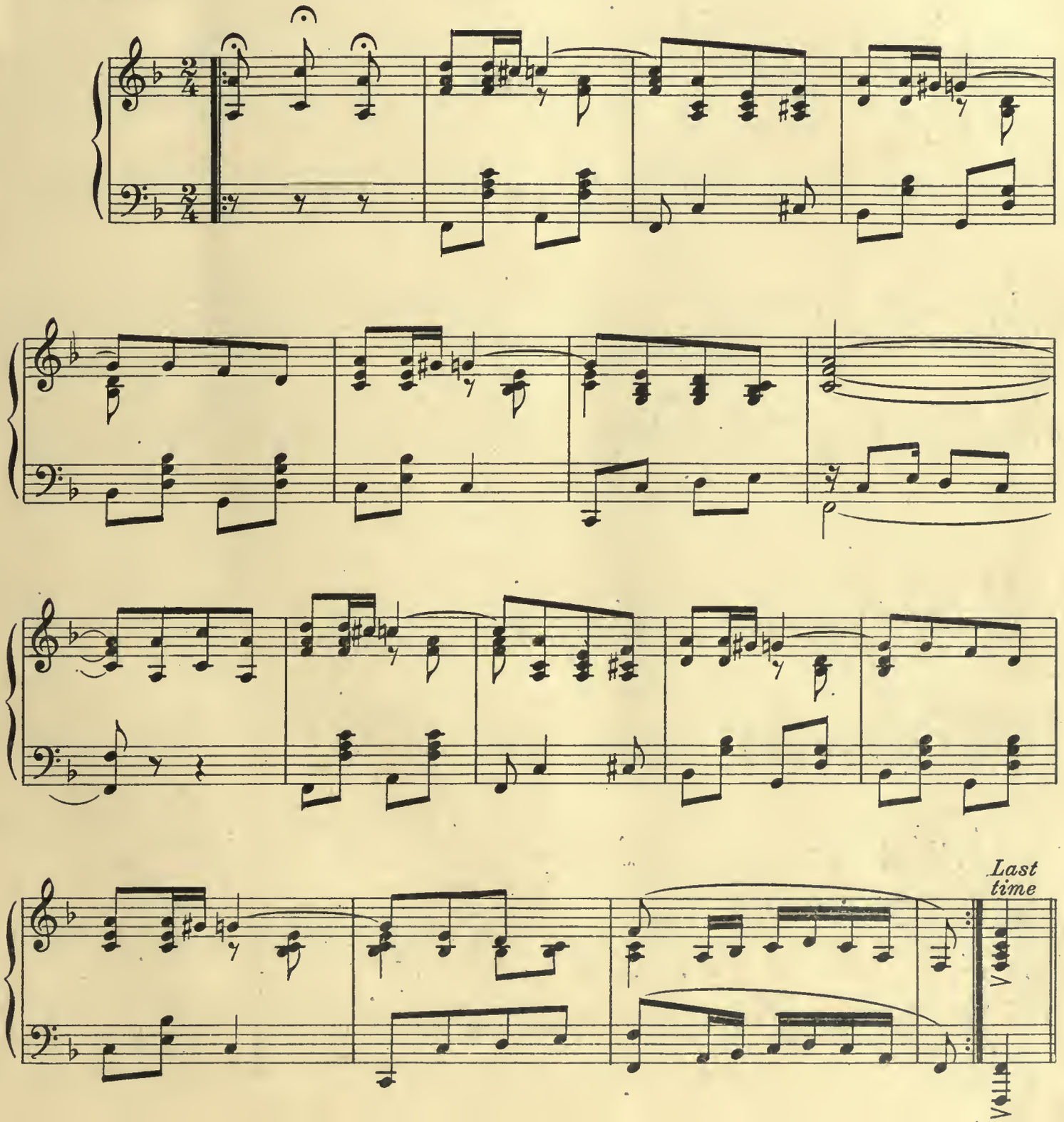


Murphy Clog

New York '05

1st step. Plain and cross shuffle 3 times & break.
2d " Falling down stairs double 8 times single 4 times & break.
3d " Mobile 12 times, back, & break.
4th " Sweep, walk up stairs 8 times & break.
5th " Little falling down stairs & break.
6th " Off to Buffalo in circle, 12 times, and break.

7th step. Wigglestick, slow, 4 times fast 4 times, feet together, fast 4 times & break.
8th " Down the field 3 times & break.
Hunsh " Hunch 12 times forward & break.



Wireless Clog

Studio '08.

1. *Eight - Seven - Wiggle stick - hit foot. (repeat)*
2. *Eight - Seven - Wiggle stick hit foot, turn in.*
3. *Run from audience 1-2-3 - rock 1-2-3 - Two kicks.*
4. *One draw away from partner, turn, "tap step" back to place.*
5. *Repeat 1st 2d & 3d step*
6. *Turn out 3/4 turn - bow to partner, run forward 1-2-3 kick foot, behind and bow to audience*

"Hyde Park High" Clog

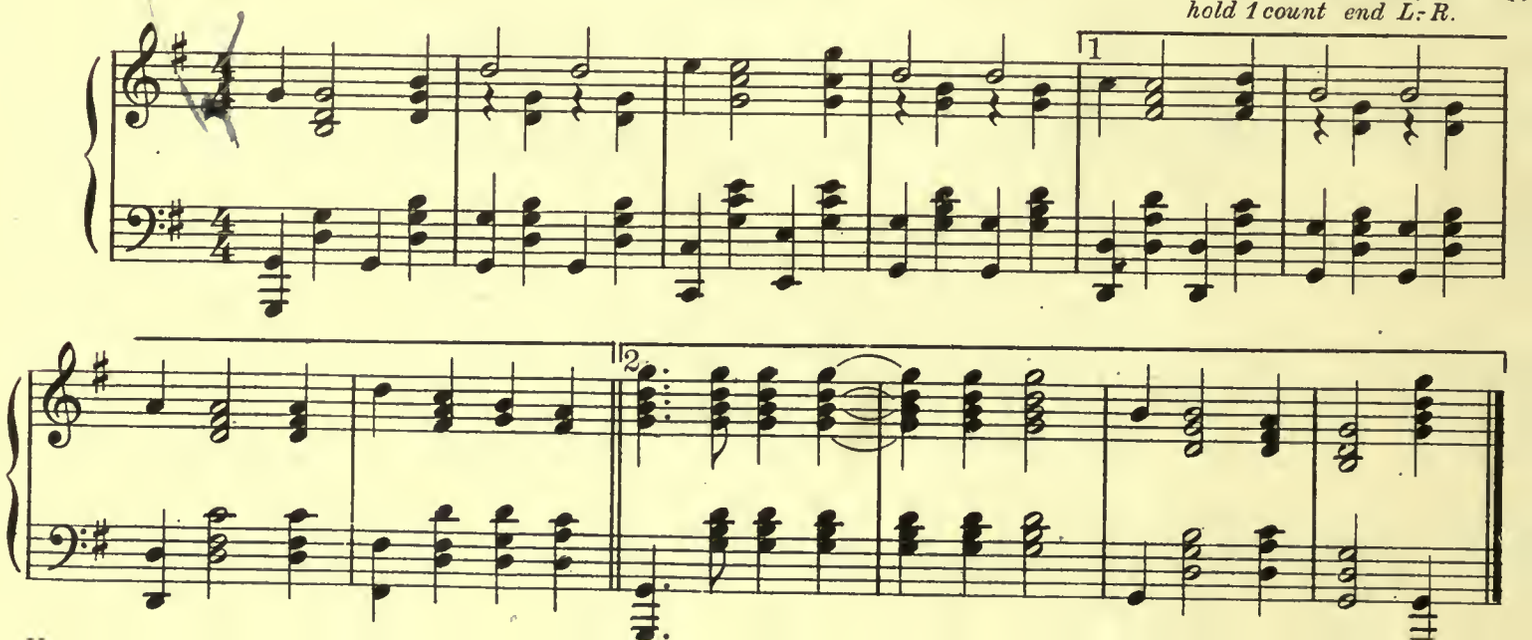
Lucy Mehring Ascham Hall '05.

First: Start left. 3,3, 7 behind 3,3, 7 behind "7, 7 Break (Repeat.)

Second: Fall down stairs to right 16 counts. Rest. Back to left 7 counts Break (Repeat)

Third: Stamp L. 3. Stamp L. Scrape, hop, heel (Repeat right) (Repeat left) Weight on right break left. (Repeat)

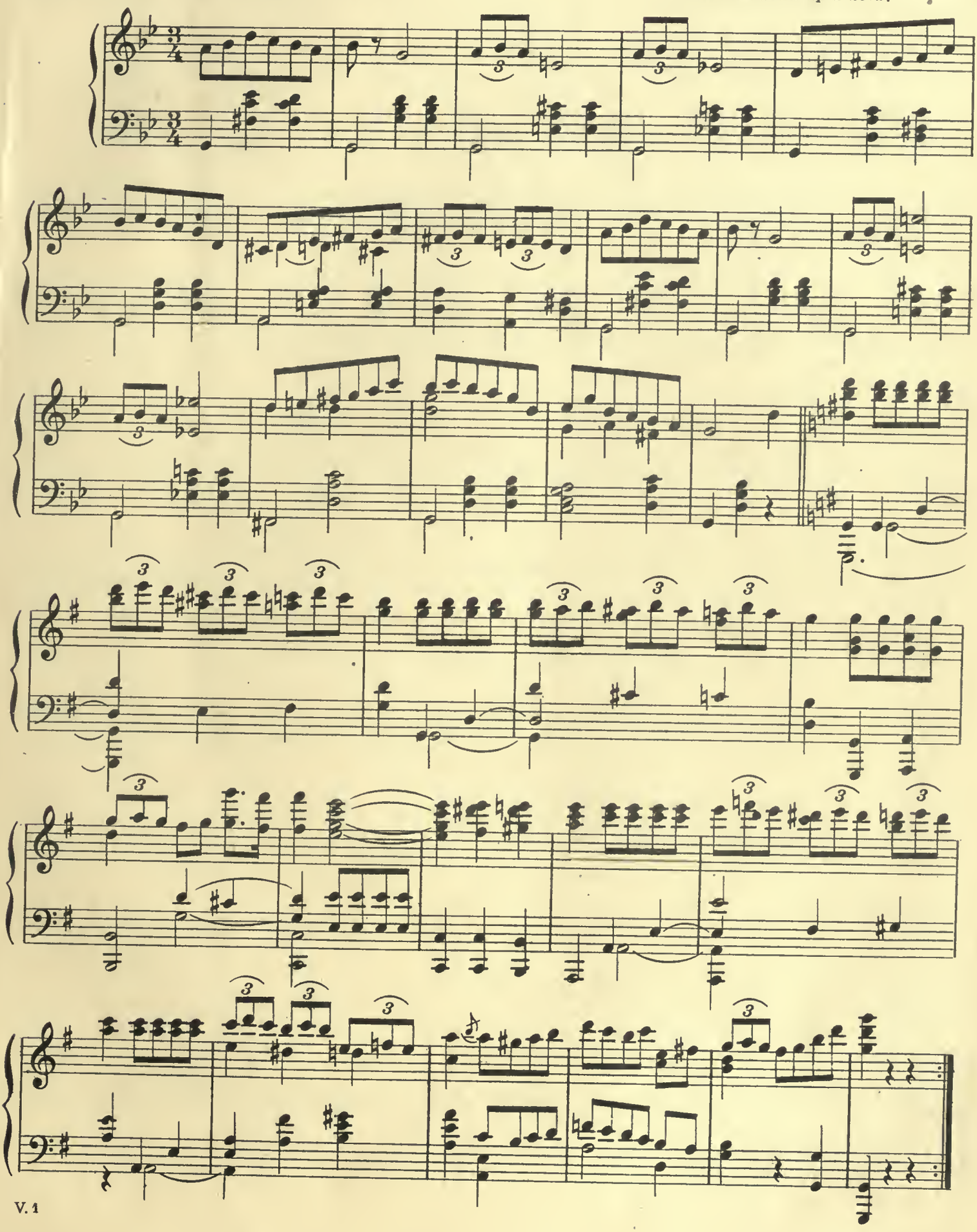
Fourth: Begin L. Step, touch, hop, touch Repeat 6 times. Stamp L. 3 R. Stamp L. Scrape R. Hop L. Heel R. Begin R. Step, touch, hop touch. Repeat 6 times. Stamp R. 3 L. Stamp R. Jump, hold 1 count end L. R.



Portugal

'07

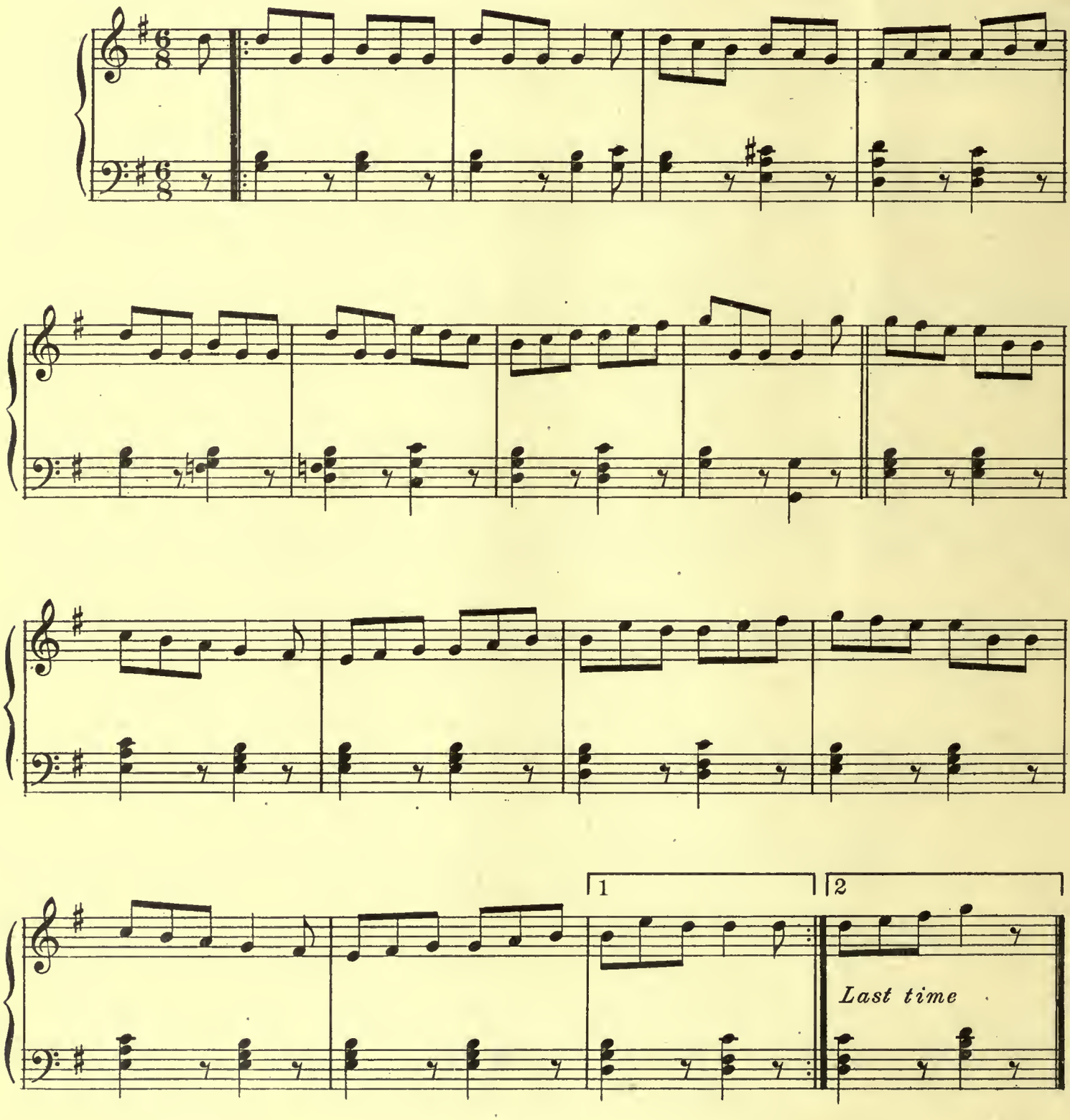
1. *Cachucha forward & back - Catch butterfly, Swing forward & back - Catch Butterfly & turn.*
2. *Two draws to right, forward twice -*
3. *Waltz to right 4 counts, draw, turn, down & up.*
4. *Step kick, put right behind ¾ turn to right.*
5. *To left, Arms, 6 down 6 up, 6 down 6 up, other way double time.*
6. *Two forward steps 2 side draws, three times turn down up & hold.*



Irish Lilt.

Dr. Anderson '04.

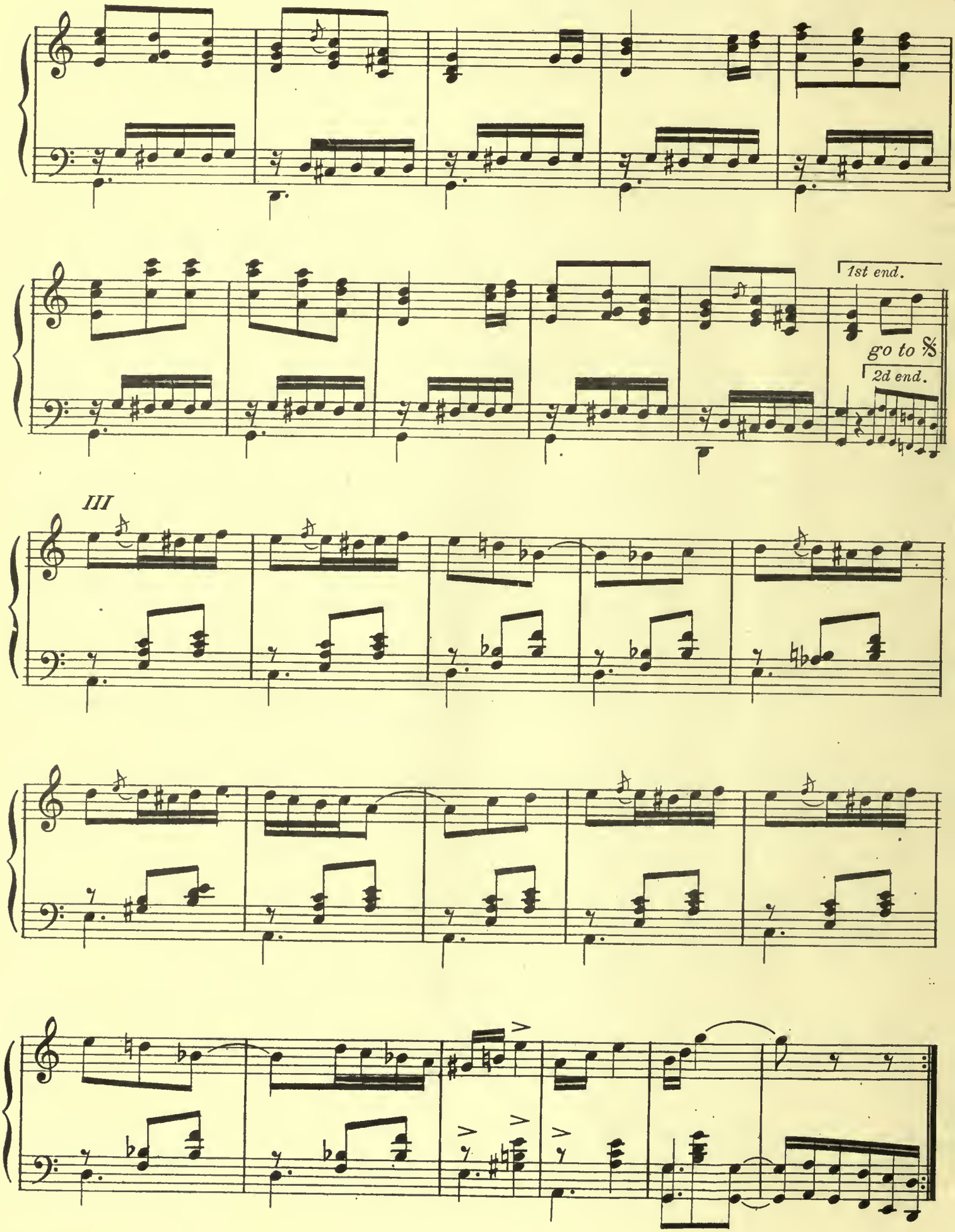
1. *Forward and back - kick.*
2. *Swing.*
3. *Toe, heel, toe, kick.*
4. *Lame man.*
5. *"So high", Hand out, go back & turn.*
6. *Breaks.*



Second Year Spanish Dance.

1. Two steps sideways - turn and jump.
2. Hand low over extended foot.
3. To side and turn, run forward.
4. Hit bended knee.
5. Draw to side, kick, waltz - turn.
6. To side, jump-waltz in circle-stamp & hold.

SECOND YEAR SPANISH DANCE (continued.)

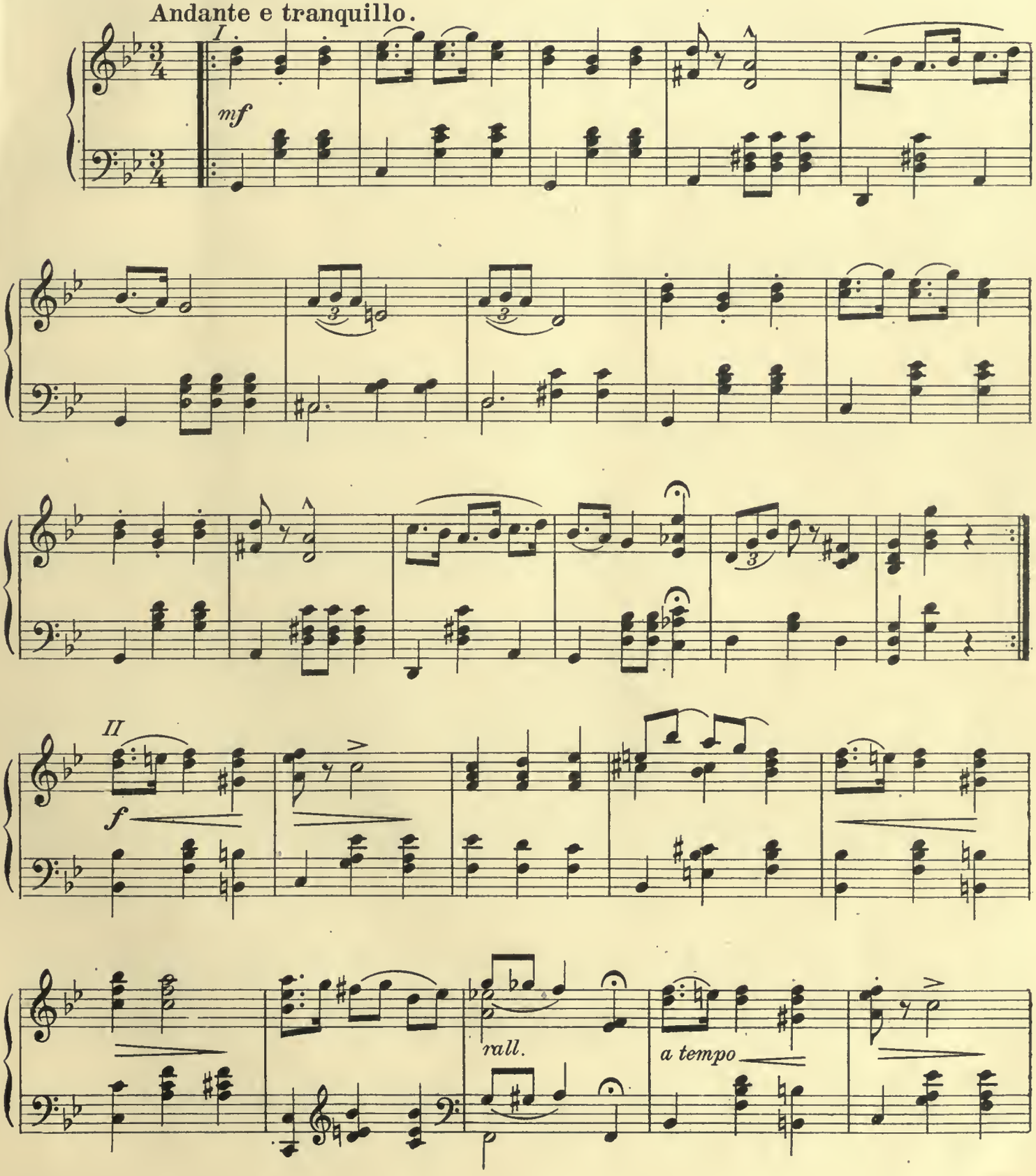


Samson Spanish

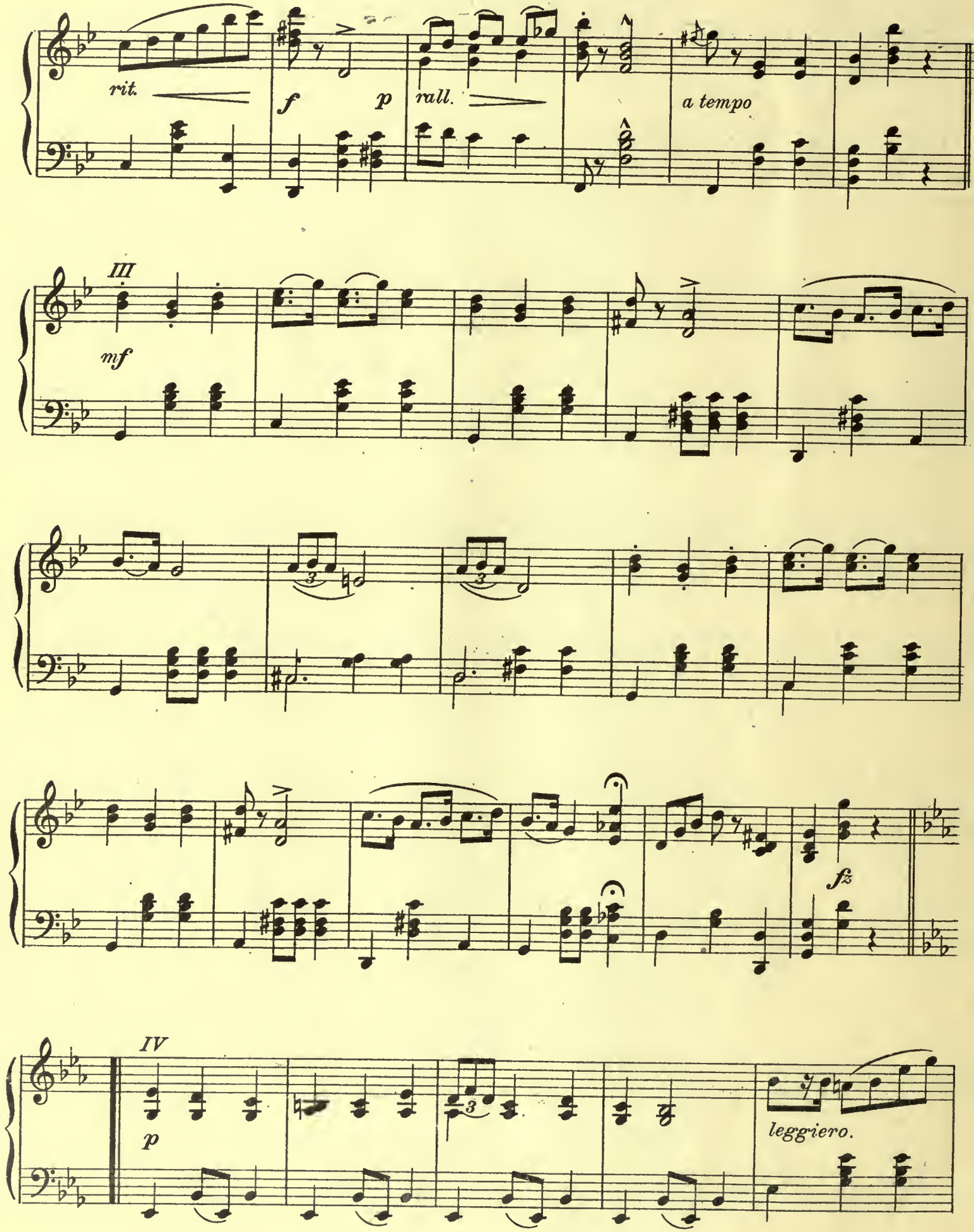
Mr. Sampson Lynn '06

1st step. Face left swing forward, feet together & hold. 2 draws back to place. Repeat three times, fourth time hold, pirouette & stamp.
2d " Branch step in circle to left.
" " " " right slowly
3d step. Bolero or circle step
4th " Flower step Kill time.
5th " Waltz step forward twice
6th " Jete side step with point.
7th " Two draws and a fly.

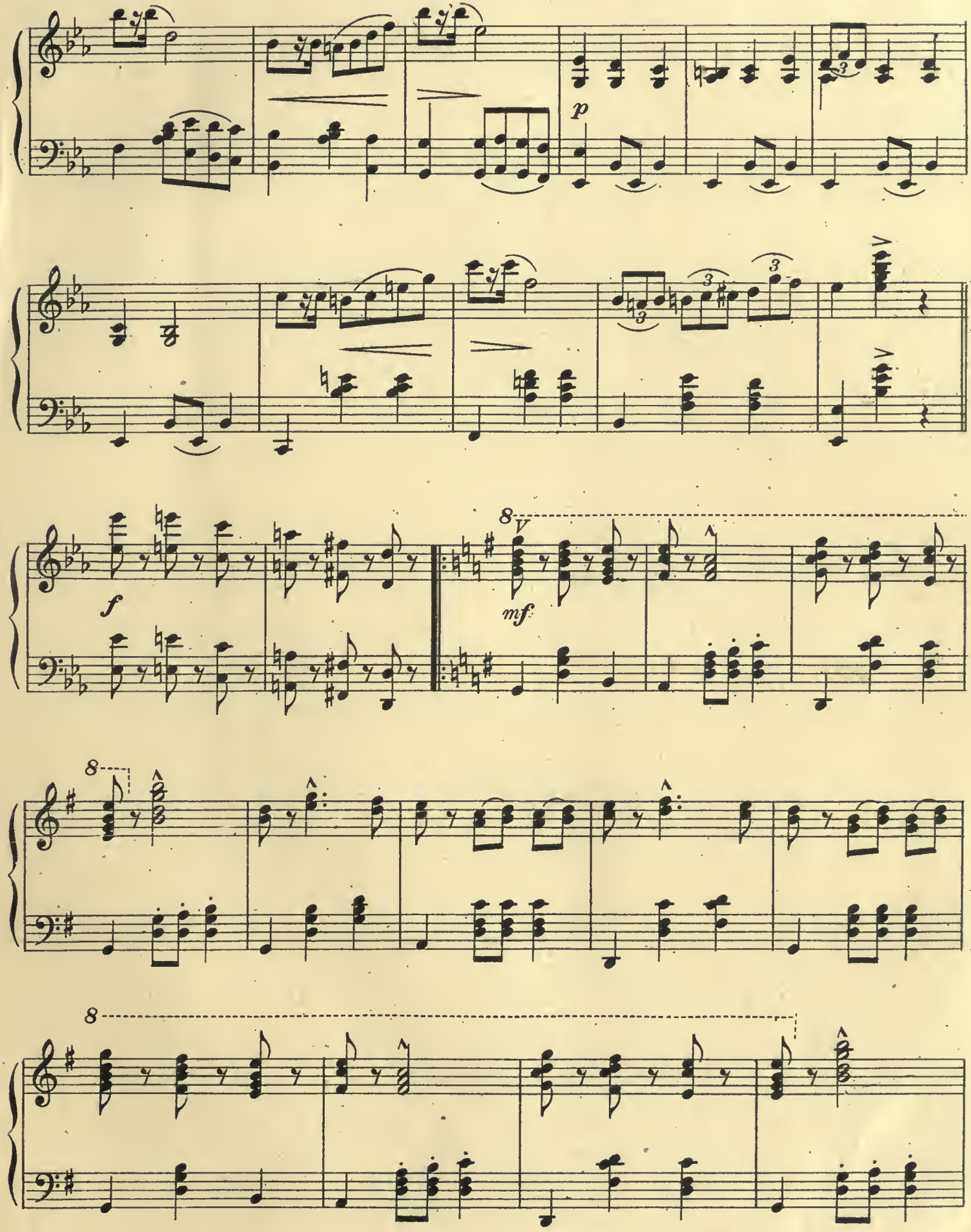
Andante e tranquillo.



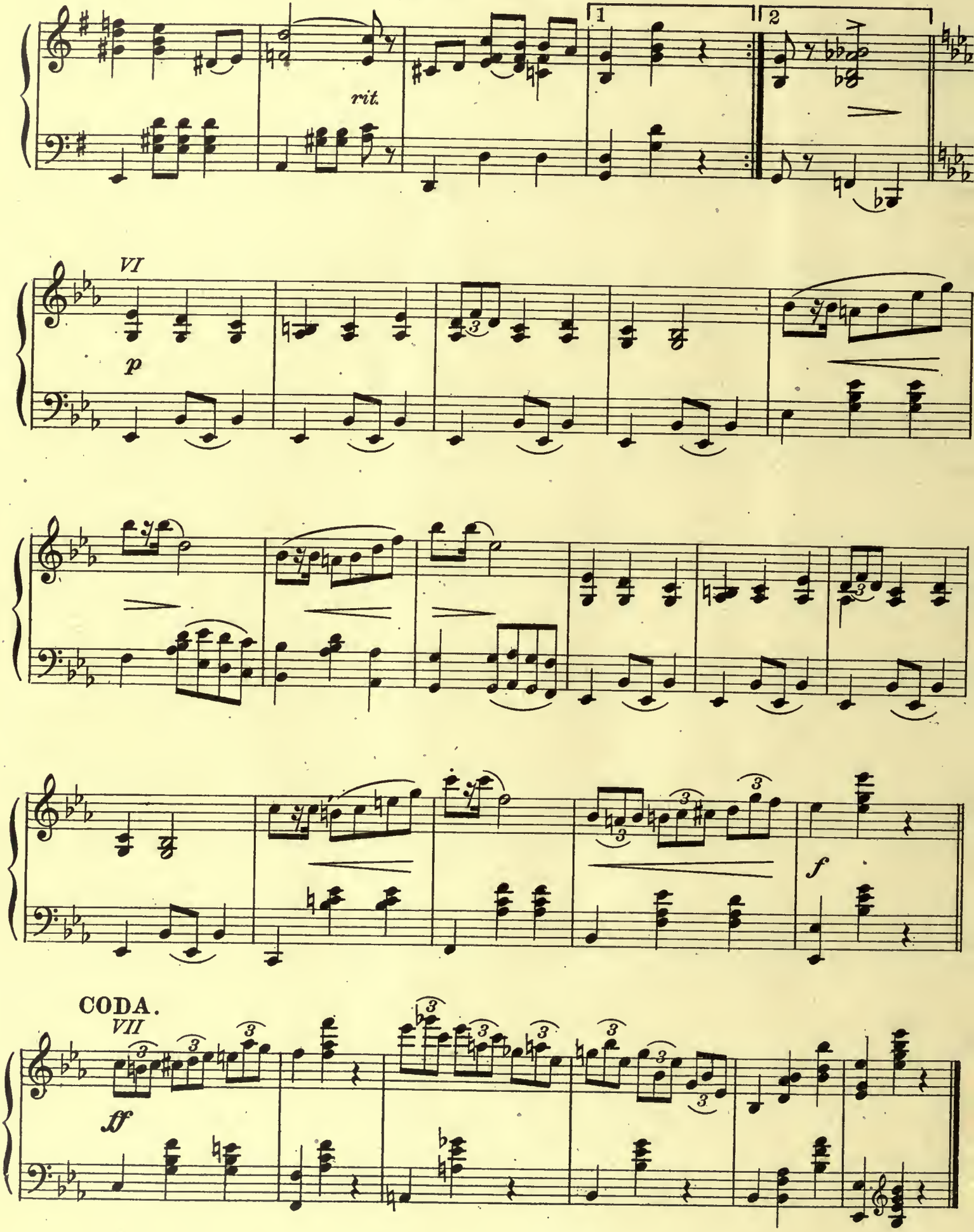
SAMPSON SPANISH (continued)



SAMPSON SPANISH (continued)



SAMPSON SPANISH (continued)



Hinman Gymnastic Dancing

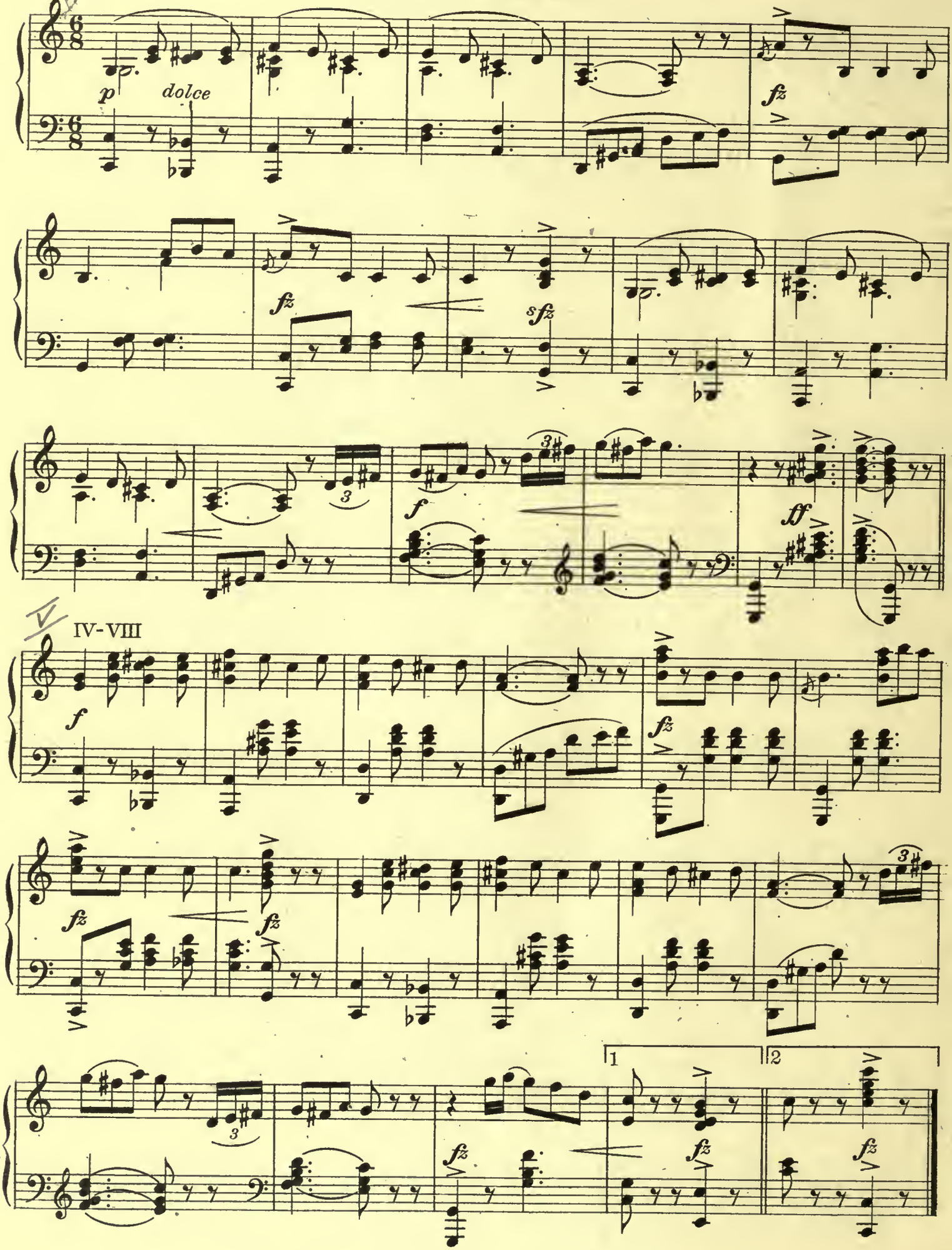
Jumping-Jacks Jubilee.

Prof. Hebbert '08.
Providence.

1. Forward jump.
2. Sweep step. Mercury hop, to place.
3. To side. Highland Fling, turn.
4. Scissors or cobbler 16 times "Vokes" and kick
5. "Rubber legs" 16; "Vokes" 12; turn to place.
6. "Mandarin" 8 forward; hop 4; turn 4.
7. "Vokes" left, "Vokes" right cartwheel and kick.
8. First step grostesque (break your leg.) First step, walk backward handspring forward or walk forward and sit down.

III-VII

JUMPING JACK-Continued

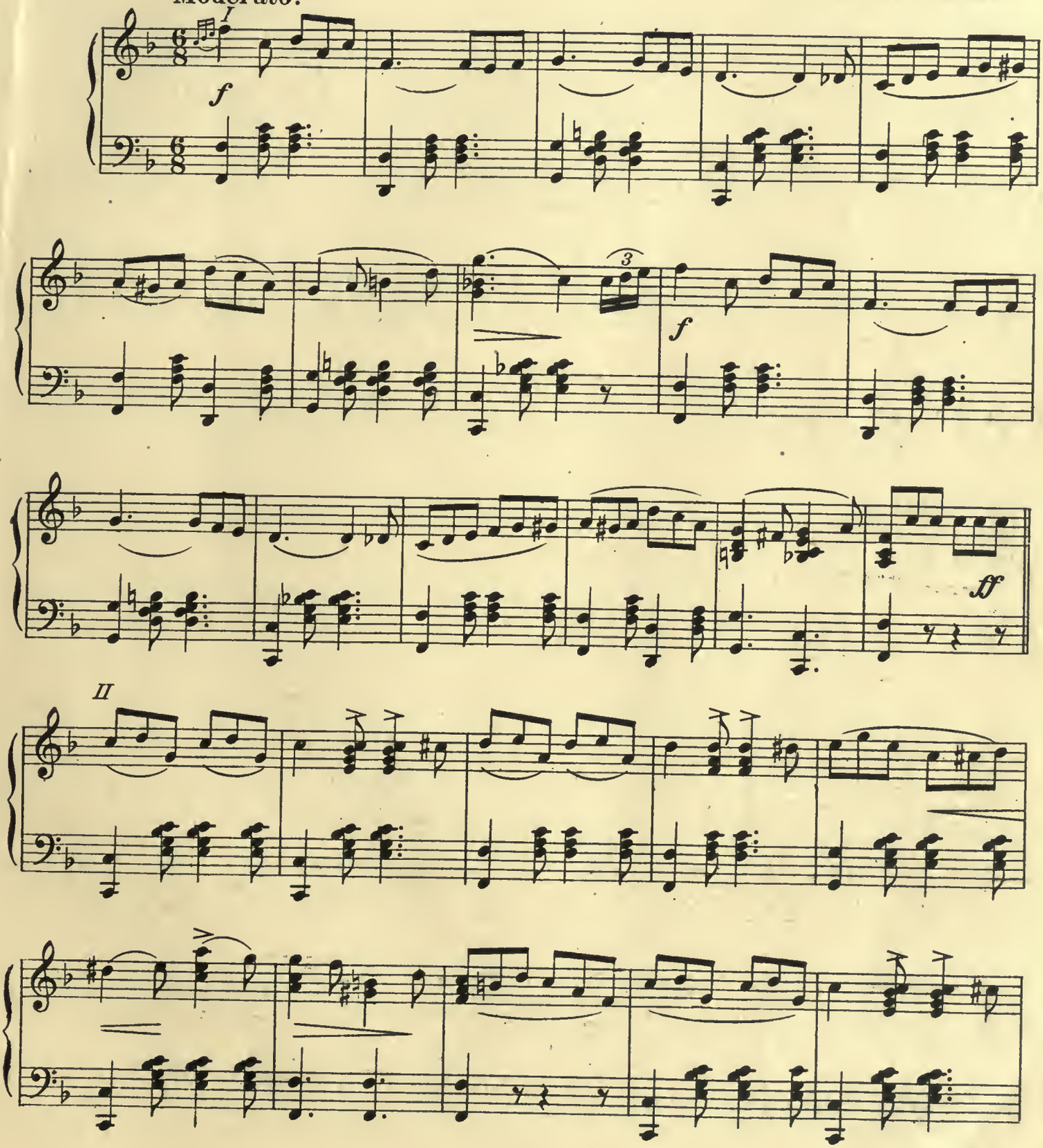


Teddy Cubs
DANCE.

Mr. Hebbert Providence '08

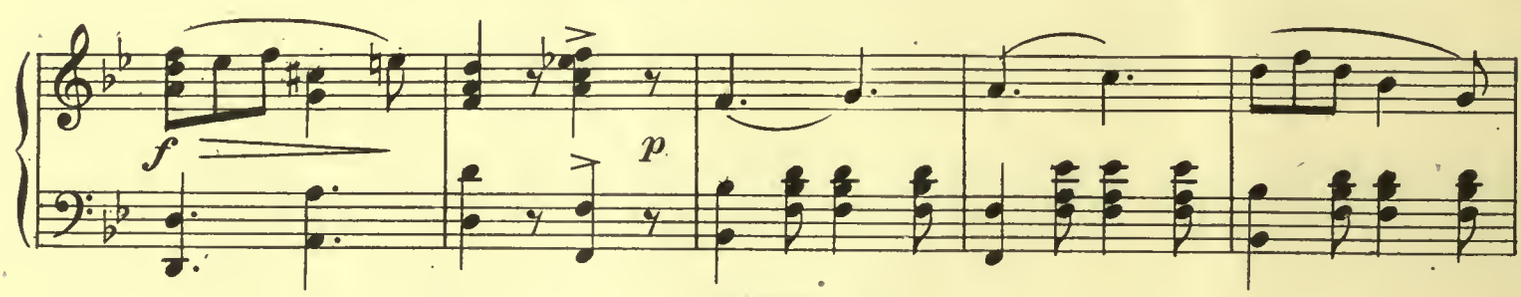
1st Step. Touch, throw & galop forward
2d " Touch, throw, cross step sideways
3d " Touch, throw and galop sideways to right, step, kick twice & galop to place
4th " Heel, toe, twice, run forward 4 steps. Toe, heel twice & galop to place.
5th Step. Touch throw cross step with jump and finish with kick. Repeat.
6th " Forward hop on right, backward hop on left. Repeat. Run in circle to right 1, 2, 3 & hop on right. Rep., begin left.
7th " Touch, throw, hop forward on right, turn to left with step, hop twice. 3 running steps & heels together.

Moderato.



TEDDY CUBS (continued)

Trio.



Hinman Gymnastic Dancing.

1. Jump down - up, step right, left, right forward. Repeat.
2. Stamp left, 1. 2. 3 right, stamp left, scuff right, hop, point right heel. Repeat to right.
3. Two threes, beginning left, seven. Repeat beginning right.
4. Hop right, point left heel, draw right to left, stamp left, touch right toe and stamp right foot turning to back of room. Repeat turning front.
5. Sevens, in back, in front, in back.
6. Step back right, together, forward right, together, pause one count, throw right in front, left in front.

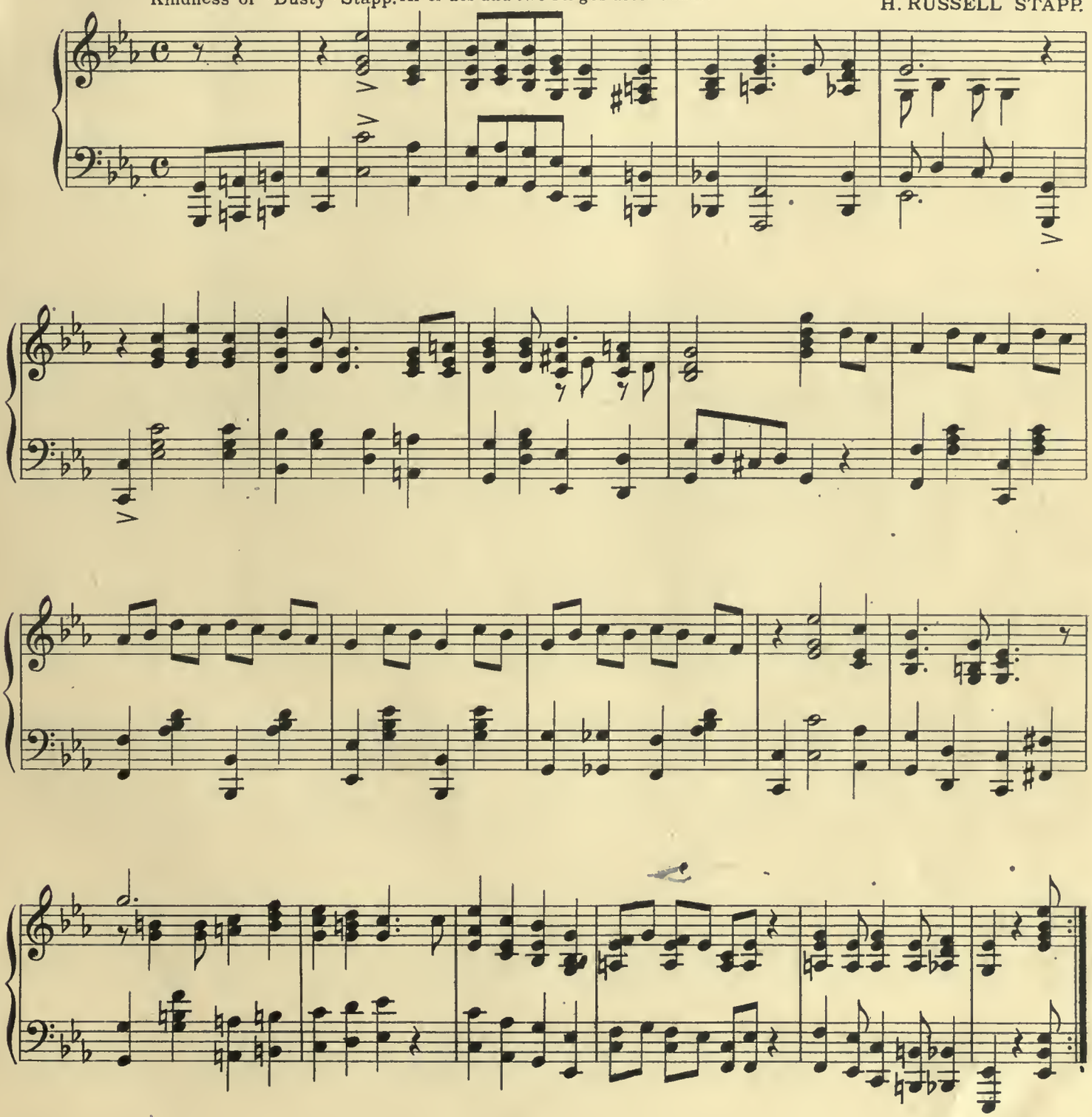
"Alcibiades."

1. Stamp left, rattle right, stamp left, scuff right in front, touch right across left and half pirouette face back of room. Repeat with same foot and face front.
2. Stamp left, rattle right, stamp left, wait one count. 2 hops or lunges forward on left foot. Repeat to right.
3. Two threes and a seven. Repeat to right.
4. Lean over and throw left leg out in back, count one - throw in front. count 2 - keep left in front and turn on right to back of room. count 3 - run forward two steps - 4 - 5. Repeat with same foot and face front.
5. Two eights (a seven and three threes).
6. Lunge on left foot to left on the syllables Al-ci-des and two lunges after Jones.

1. Partners skating position. Jump down and up. Left hand person does cachucha turn in front of partner. Repeat. Cachucha turn from left to right each time.
2. Run forward, left, right, left, right heel, change and put left heel in front. Repeat with same feet.
3. Two threes and a seven - Repeat to right.
4. Jump down and face partner, clap hands. Jump down and turn back to partner and clap hands of one on other side. Repeat.
5. Squat down, slap knees with both hands, hand together, clap right hands across, hands together, left hands across, hands together, both hands to partner.
6. Repeat 5.

From Blackfriars
"Capturing Calypso" 1911.
H. RUSSELL STAPP.

Kindness of "Dusty" Stapp.



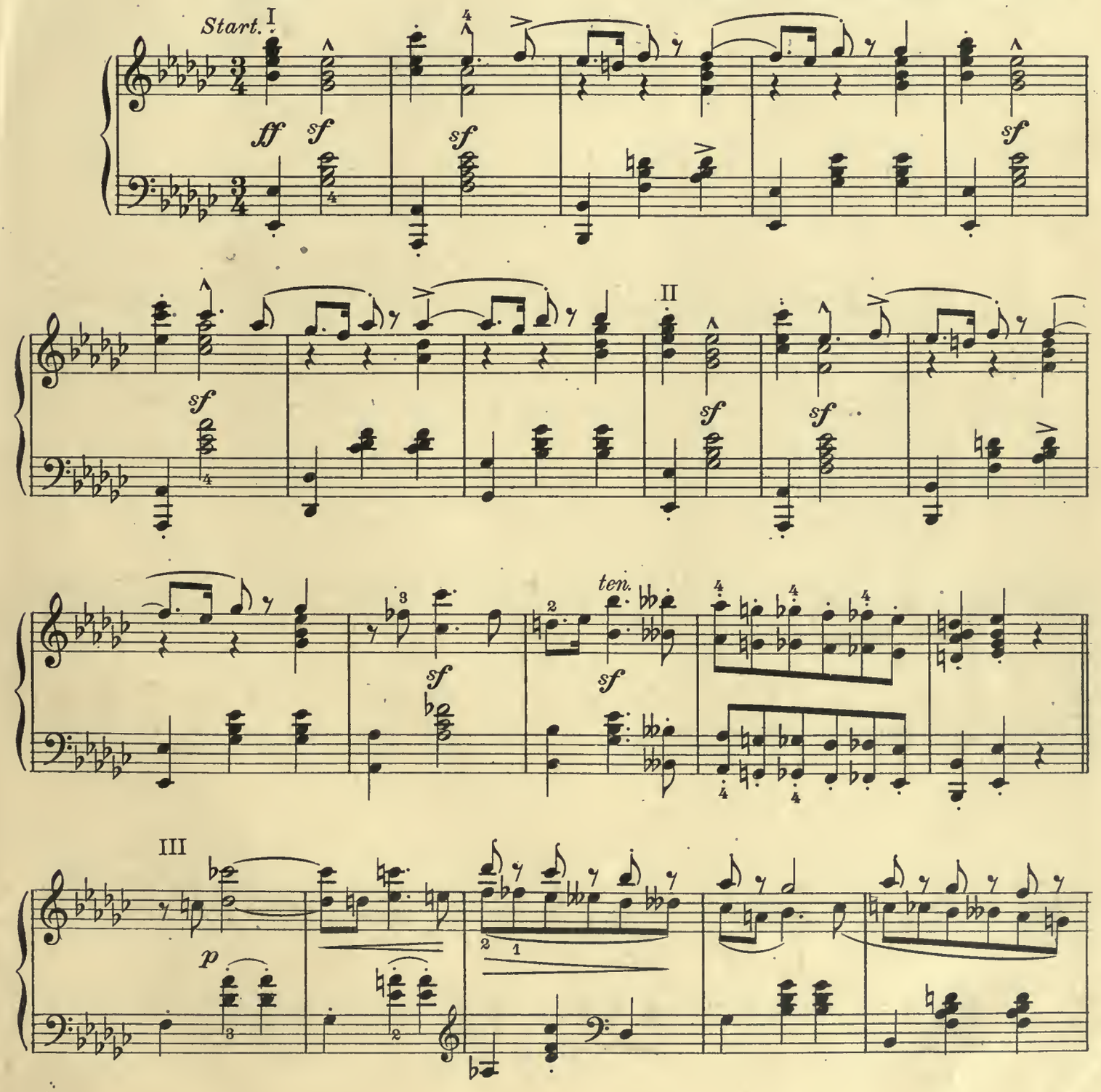
First Tuttle Clog.

1. Hop rattle step, step, step. Repeat.
2. Fall down stairs to left in a circle 7 counts, break; Hyde Park 4th step, break.
3. Screw. Repeat.
4. Sink on right foot, step on left and go in circle digging with heel. 2 Murphy sevens instead of break.
5. Fall down stairs 1, 2, 3, hop, step, click heels step, click heels. No break.
6. Double rattle, 12 times. Break.
7. Rattle, hop, stamp, stamp, scuff, slap, touch pirouette. Repeat last time using break with cut.
8. Right foot free, cut left, leap on left to right and face back, rattle right stamp, stamp, break and cut.
   Repeat and pose.

Polish Dance.

1. Pas de basque.
2. Invitation step (Dance with me).
3. Slide to left and click heels.
4. Hop, touch, step, touch.
5. Waltz 4 measures forward, step, step and fling arms. Repeat going backwards.
6. Like first step.

Allegro XAVER SCHARWENKA, Op. 3, No. 1.



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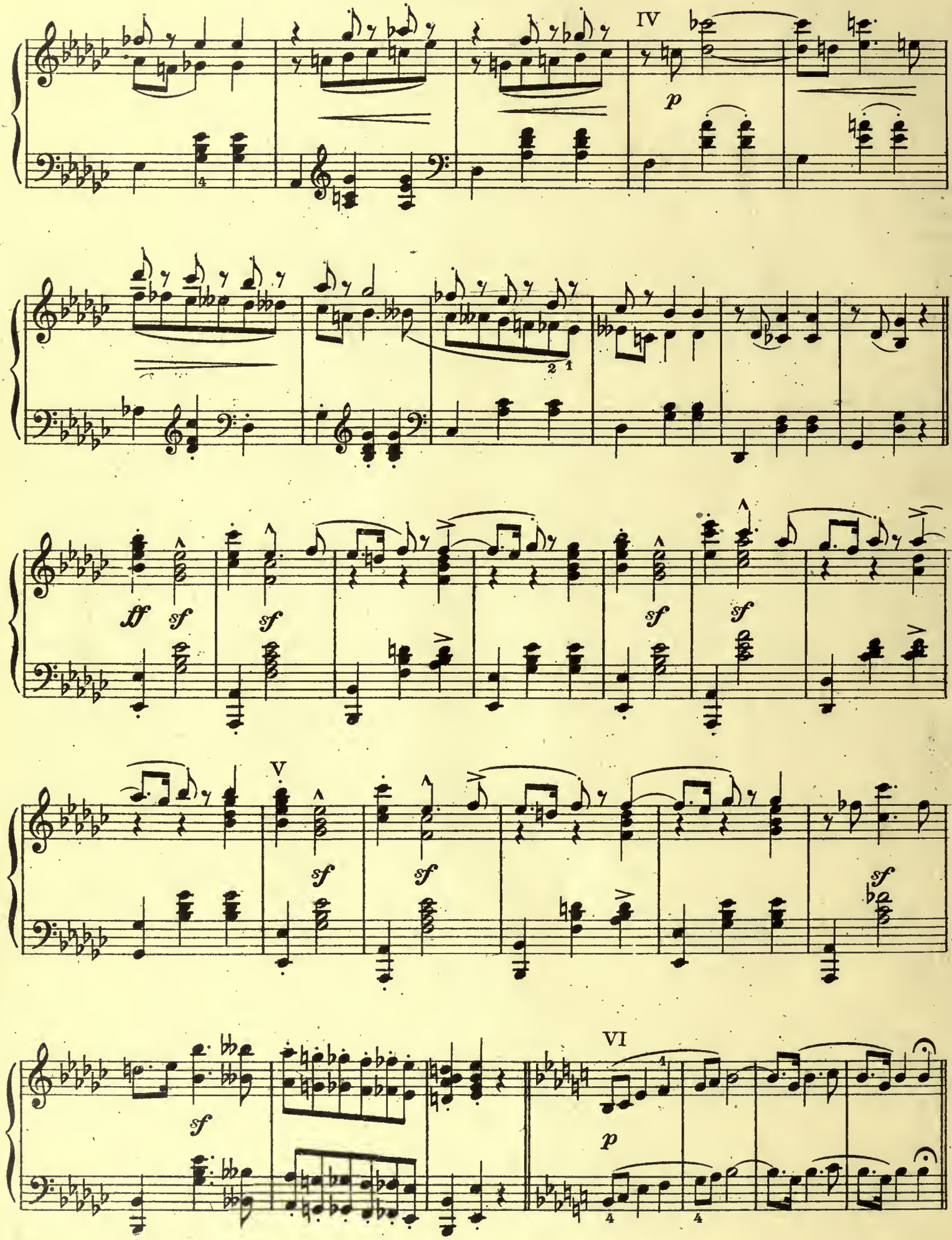

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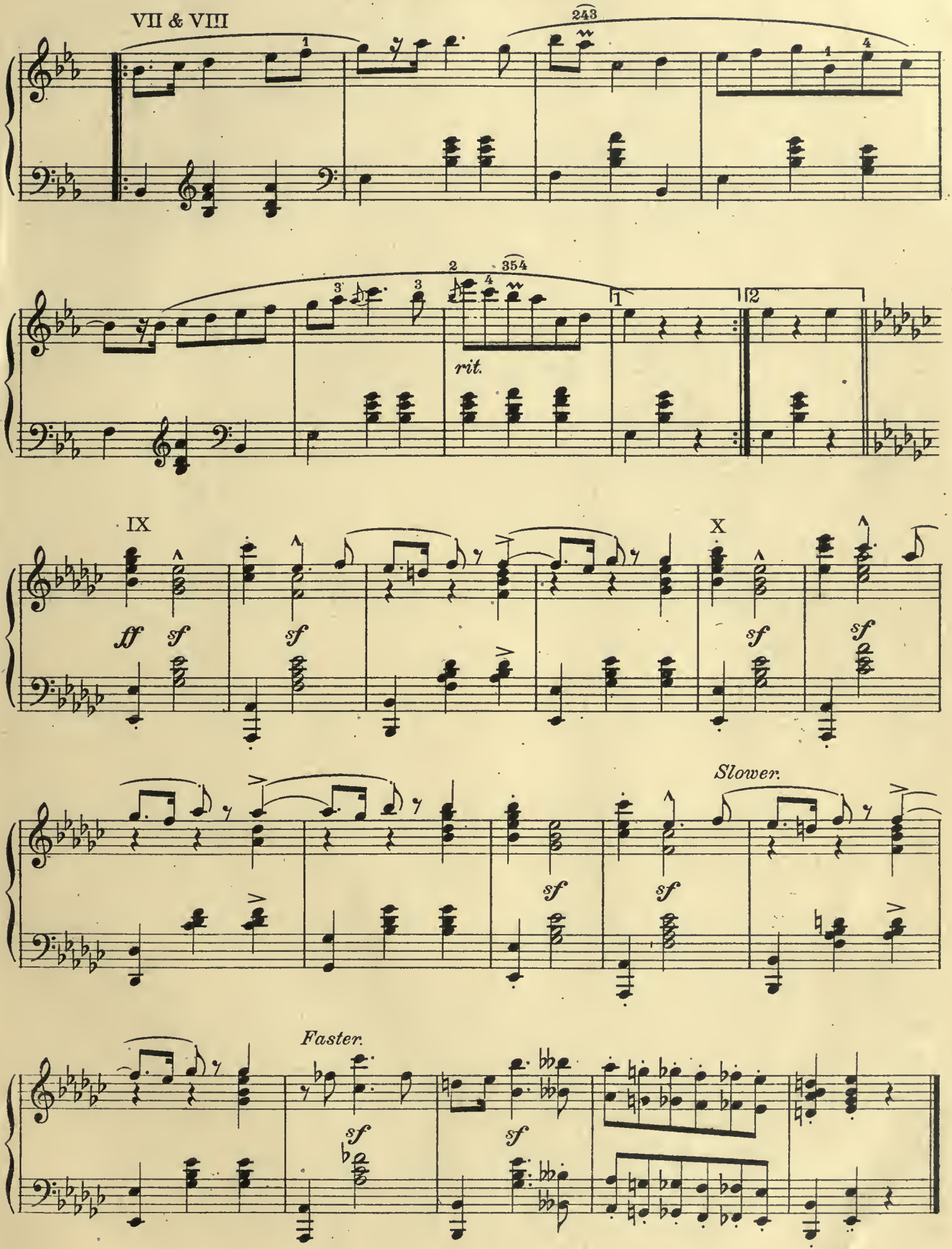
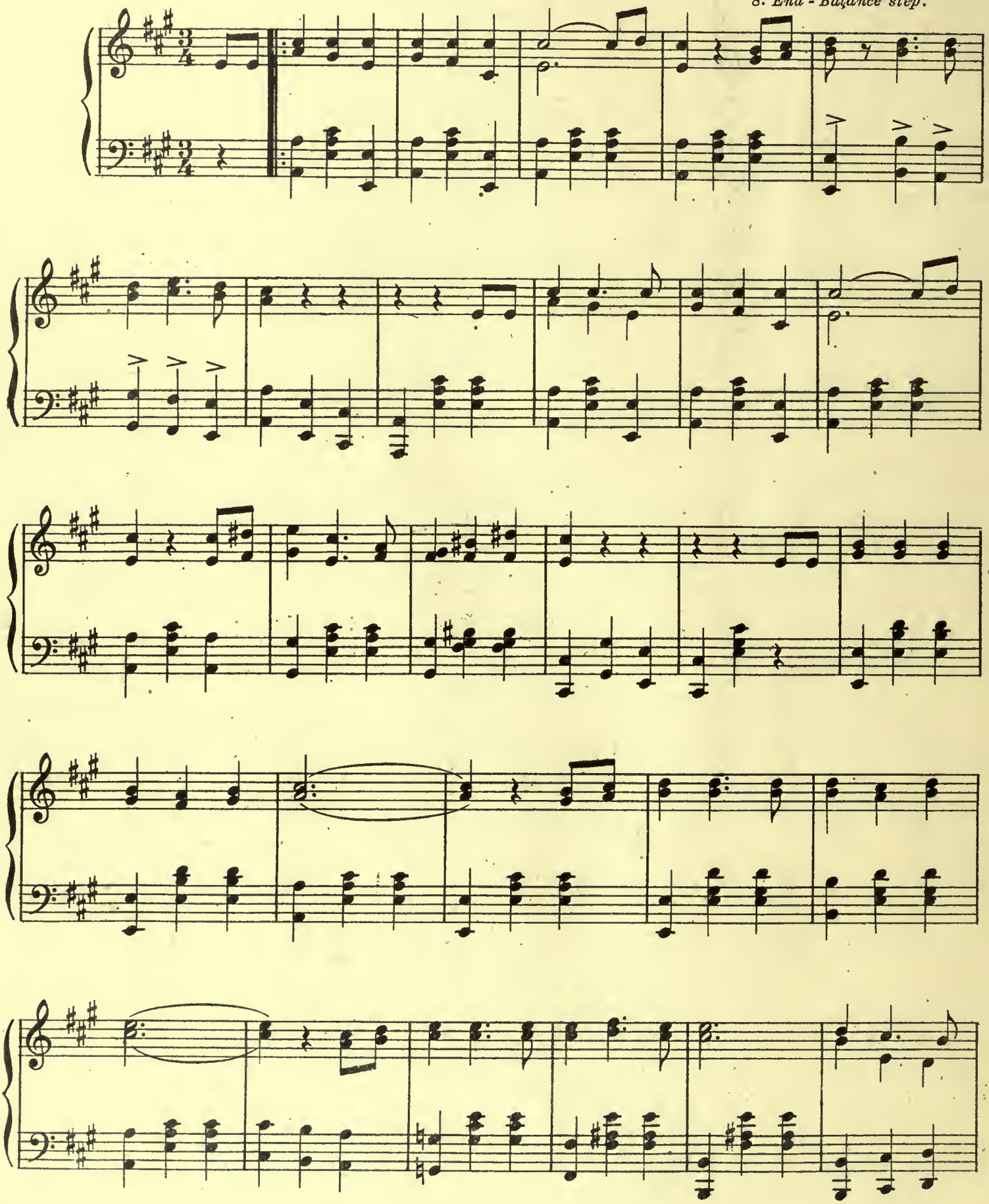


Modern Greek Dance.

Second Year Work.

1. *Side step high.*
2. *Forward-turn.*
3. *Head follows arms.*
4. *Run to corner-turn-draw*
5. *Fairy step to side-soft.*
6. *Offering.*
7. *Wind step*
8. *End-Balance step.*



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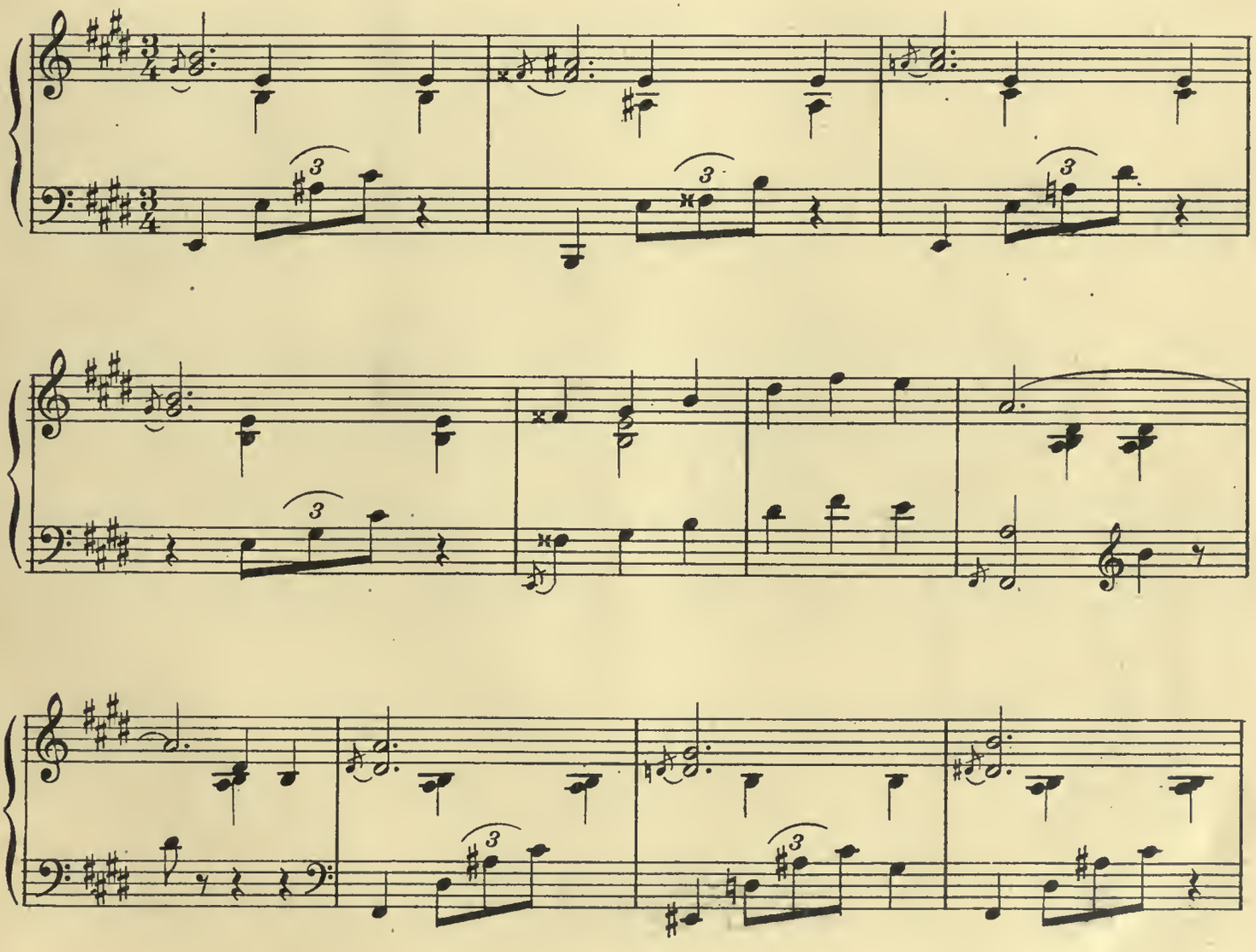
MODERN GREEK DANCE (continued.)

1. Forward and back.
2. Side step with stamp.
3. Long forward step without.
4. Down and up.

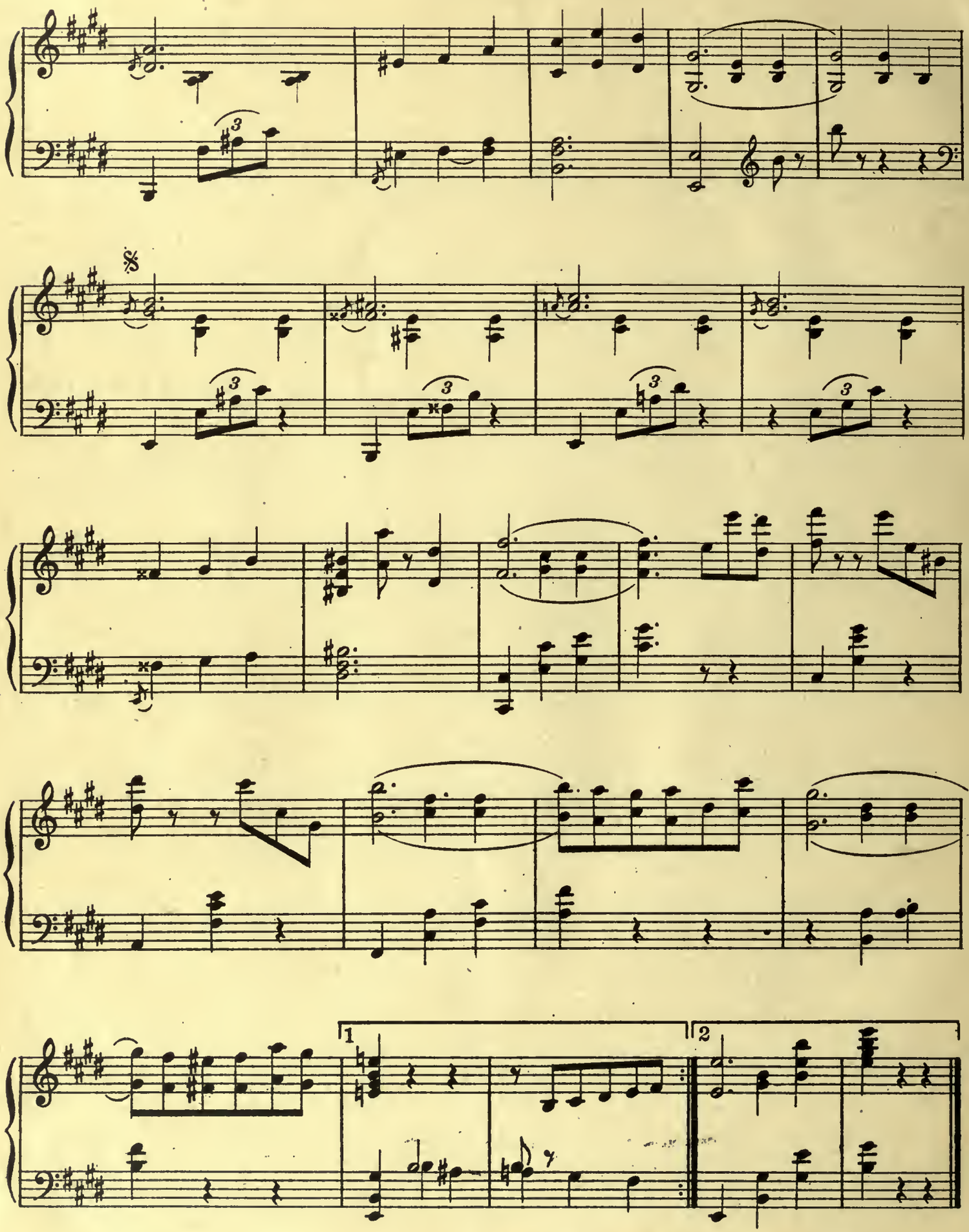
Cachucha.

Second Year Work.

5. Side step-fling.
6. Flower step.
7. Log step.
8. Butterfly.
9. Waltz forward.



CACHUCHA (continued.)



Repeat 4 times then repeat last 16 measures.

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